The Layman's Guide to Steroids I

Mick Hart's Highly Acclaimed
Best Selling
Anabolic Steroid Guides

Mick Hart Presents:

Layman s Guide to STEROIDS

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Publications by Mick Hart to date:

The Layman's Guide To Steroids

Steroids: Laymans Guide 2

The No Bull Collection - bodybuilding magazine a worldwide publication

The Laymans Guide to Steroids
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Dedications

This book is dedicated to my late father, Anton Hart and to my oldest son Christopher, who at the time of writing is in his fifteenth year.

I remember my Fathers last words with great sadness, as they ended a friendship that could have been. Alas, this was not to happen, but in my lifetime with my children, this will be a great joy. I know you will understand.

To the remainder of my family and friends; Angela, my wife Sally & Rosie my two daughters, and of course my two sons, Christopher and Thomas, my love and thanks to you all. What patience!

And finally to myself, as great loves and achievements are not without great risk.

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Introduction

This book has been written after many requests from many trainees, clients and indeed friends simply because they wish to know at least the very basics of steroids in use today. The controversies that surround steroids today are blown so much out of proportion by the media, it is laughable in many ways. It is agreed without doubt, that the abuse of ANY drug is not the way to go and also that the young must be guided away as much as possible in the hope that they will ATTEMPT to train without the use of these aids. We cannot guarantee that things will go the way we wish them, but we can try.

It must be said, however, that it should be left with the individual, whether or not they wish to change and alter the way that they look and not the moralistic crusaders who have never trained in their lives, yet somehow seem to be able to comment on something they know sod all about - berks!

Please read on and absorb, at least, some real information on the steroid situation in Britain today.

Reader, please note that I will eventually get onto a few stacks and also a few of the most popular steroids that are currently available, OR SO I HAVE HEARD - ISH. However I must stress that the stacks that are given have been proven in battle, AND SOME and it is up to the individual to ascertain to which stack will suit them. The amounts that will be suggested were well within the limits of the people who used them, they DID NOT ABUSE their recommended dosages, many sought medical advise before, during and after their allotted therapy (mind you many M.D's were as knowledgeable as a rat with a brush up it's arse) in order that their blood pressure etc was constantly monitored. This is your right but many do not find it necessary to go to such lengths, but the chance is open to us all. More on the medical people later.

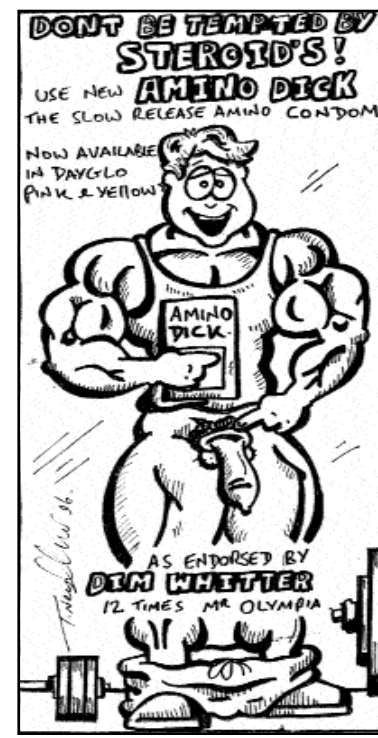
Mick Hart

Section One
Straight from the Hip

Many of the publications that we have seen of late, have given a fair and basic description of the usage of steroids in bodybuilding today and for that I suppose that a certain amount of thanks are in order - ish!

The problem with many of the publications, is that the languages that are used are not only misunderstood by most of the readers who buy them but many of the types of "gear" recommended are either counterfeits, or not available at all. This remains a problem all over the world and obtaining genuine steroids can be a real headache, but it can be overcome, believe me!

This particular publication WILL NOT be delving into the moralistic points of view that have hit the media of late because most of is absolute BULLSHIT, and the information that has been given out as a scare tactic, is done so by people who know absolutely nothing about the use of such products AT ALL. For a fact, you will NOT be able to produce the types of physiques that are portrayed in the many magazines around the world, simply by using natural methods, so we can get that straight from the start. I find it quite amusing when the commercial "Kings" of the bodybuilding world say that the stars that appear from their magazines either do not use any form of drugs whatsoever and if they did then they would be banished, never to be seen again in the muscle media until whatever bans are lifted. Again total bullshit!



The stars of today have to be very careful not to laugh when coming out with these statements because the very few who HAVE managed to build a fine physique OFF the gear are not only extremely lucky but can be regarded as "genetic freaks" themselves, agree? Do not pull these people down, no way, but I feel that the people who do take

drugs in order to further their career ought to be man (or woman) to admit it and stop the "bull" that is going around. One of the funniest thing that I love to hear is the one where the guys at the top say that they have discovered a new "steroid replacement" substitute and would like to let the world into their secret. Bollocks! The world would honestly love to hear just how much these guys are being paid for saying such bull, agree? Want to know why I regard it as such. Well there is nothing " natural" on the market that can replace steroids, nothing whatsoever.

Fact!
It is biologically impossible to reproduce the effects that synthetic steroids can bring so that puts paid to that - period. All that happens with the "replacements" is that they either increase the amino acid content in the body, which will assist growth anyway, or simply make you fat. I rest my case.

There is no doubt in most sensible thinking people, that if any form of drug is used AND abused, it can lead to life threatening situations BUT under control, they only enhance something that we wish nothing short of perfection, of that I know that you will agree. I am sure that none of us mind seeing pictures of the top stars, as it certainly inspires and influences our attitude to our workouts. What totally pisses me off, is when the bullshit is flying about!

Many of these top stars come over here, and the ones that we already have here, and preach and gospel to those who would follow (or pay laughable entry fees to start with) and then turn around and DENY that they use steroids! That is fact and you know it, why talk a load of bollocks in the first place, do they think that we are that stupid. Do you think for one moment that they are going to reveal their inner most secrets, the tricks of the trade that has helped them to reach the heights that they have, come on guys think about it for a moment. You are on your own here you know.

Lots of you guys have been in training for years now, following the ways of these Gods. Where are you at this stage. I will tell you, READING A BOOK ON STEROID INFORMATION, trying to find the damn answers and believe me they are so simple. In this book there will be no bullshit I promise, I do not care who it offends as it is about time someone, somewhere, felt a good boot up the arse every so often, I can tell you. Back to basics, we can kick some butt later on, "butt" for now we will look into a little bit of the history of what you been or are considering taking, yeah!

Where did steroids originate and when?
Explanations can get really complicated and boring but I will try to make it

easier to understand as best I can. I am not saying that you are a "gonad" but at the best of times, it really gets to me also when I have to read the same thing over and over again, but will try nonetheless. People say to me quite often, (well the ones who are no far through than a McCains Oven Chip),"..... and the Greek Olympians never took steroids and look how their bodies turned out". What a load of bull or should I say sheep, because that's just what it was that help those guys on. Cut the balls of a ram and there you have steroids in one of its purest forms, Testosterone. Okay, the sheep is not human but if you ate its nuts you would produce muscle nonetheless, and that's what they did, and it produced some fine muscle too! Wonder what the G.G.B.B.F (Greek God Bodybuilding Federation?) would have thought of that then.

Mind you, the bloody E.F.B.B and N.A.B.B.A. would have had something to say even then AND I have even heard that some of the judges are still up there on the JUDGING podium, BETCHA! God knows, the A.N.B. officials would have literally shit themselves as they do when someone says that they require a drugs test. Costs a bomb to test 'em you know so I assume they don't bother from time to time, (am I right!) hee hee.

Steroids were developed initially in order to create a positive nitrogen balance in a catabolic state, a perfect example of this would be ANOREXIA. Burns victims were definitely in line for the benefits that this new product could give and especially after major surgery, okay if you were sick, they definitely helped in a big way. They will continue to play a major part in modern medicine and so I do not know what all the fuss is about for Gods sake, we must be furthering medical science, wow, I feel like Marie Curie (sooner have Kim Basinger though)!
In the late forties, bodybuilders had by then discovered that testosterone was not just a feeling down below, no, not the good old bodybuilder. If anyone is going to find out about something like this little wonder, trust us guys.

It allowed them to train much more intensely and the aggression factor was a positive boost without doubt and the newest steroid on the market then was Dianabol which was during the early 1950's and then the race was on, especially between the Russians and the Americans to develop a better steroid than the other and assist their athletes on to even further achievements, I love it! Of course, know one admitted to it but what the hell, we have heard all that bullshit before and still are, yeah?

As bodybuilding came out of obscurity, especially in the early 1970's, the bodybuilder in his infinite wisdom started to ask more and more questions as to the tissue repair and recovery advantages that these little beauties could bring. Once they locked on to the idea, there was no stopping them, and can you blame them. Ha-way the lads! The years of training that they had behind them and the results that they had been achieving was both honorable and definitely worth the effort BUT now they were looking at results in shorter time spans AND the control of such things could and would eventually be so exact right up to the day of contest. Who in their right minds was to turn that amount of knowledge down, the daft ones, obviously! The guys were coming in at contest shape MASSIVE and those who stuck by the God-Given principles were left in the isles, sorry but that is fact.

We do look on our past heroes with great pride, no problem with that but I cannot understand why Arnold wrote in one of his books, and I quote: "There are many beginner and intermediate bodybuilders who, hearing that the champions are using steroids, believe that they too can make enormous gains by taking these drugs. But studies done on the effect of steroids do not bear this out....."

What a load of bollocks. What was he trying to tell us? Was he saying that he never took drugs? If he wants us to believe that, then he must close his eyes at night and wait for the sand man to come along. AGHHHHH!
To top it all, a year or so ago he actually admitted on T.V. in America (cannot remember the station) that he did take drugs, this was well AFTER the book was written and on the shelves. Oh I get it. Drugs worked then and now they don't, right I understand now - NOT! Come on Eileen (cue for a song there guys), er, I mean Arnold. By the way, good book, big, but good.....

Gains Attainable Today?
This varies greatly with the different steroids that are available, so we will use the good old 'Bol, or rather Dianabol, as an example for later on. I will give you

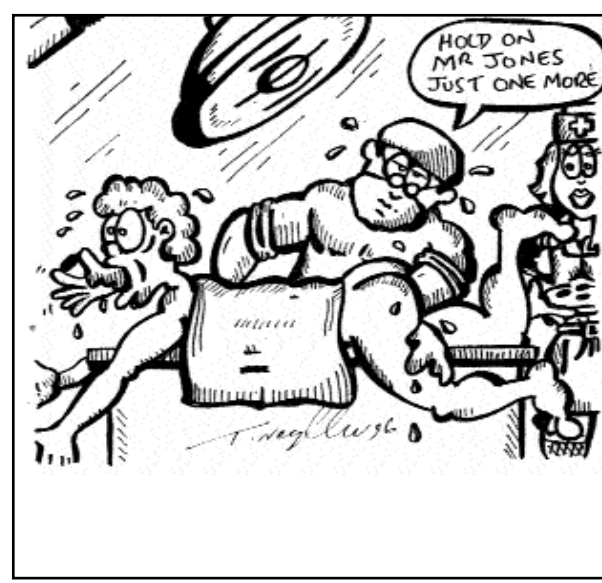
a good idea as to the type of gains this steroid can actually bring, and remember no bull-shit here, the gains that I am giving have and still are actually being reached with no problem. Your problem may occur actually attaining the good old 'Bol in it's genuine form, but here goes anyhow.
Gains not uncommon of over 20 lb per month CAN be attained along with double the strength of the user previous to them starting any course and in many cases this can be much more. The problem with Dianabol is that although it forces the body to utilise that protein that is taken in, it also can force the body to retain water, but this can be overcome with the correct

administration procedures. Dianabol is one of the great size builders and can be stacked with almost anything but it MUST be used in conjunction with a substance known as NOLVADEX or TAMOXIFEN (more on this later) and this will help to combat this problem.

Water retention is one of the side effects of steroid use, the thing to watch out for is not to increase the sodium/salt intake and the water problem will be that much easier. The input of at least 2-3 grams of Vitamin C will also help to disperse water from the body, naturally, a natural diuretic if you like. Water retention is a factor which must be taken in to consideration when choosing your therapy but again it can easily be overcome as many of the steroids that DO hold water are actually amongst the best for size and strength gains without doubt.
The low androgenic steroids are mainly used when dieting down for contest or for dieting in general as they tend not to hold water. The preferred ones at the present time are such as PRIMO DEPOT, WINSTROL V, PARABOLON, and of course, definitely good old DECA, yeehaaaa! More on the individual descriptions later guys. Many champions prefer the low androgenic gear quite a lot nowadays, for this reason. The fallacy that the low androgens will not build big physiques is again a load of bollocks and in some ways is far better, but that could be personal preference creeping in here.

It is also true though that the higher androgenic gear can and does build some real big people without doubt, okay it is more toxic to the body, yeah, but this means that the body cannot fight it off as easily and therefore growth is forced on the user. This is not as bad as it actually sounds, with careful consideration as to the type that you wish to use you should experience little in the way of side-effects so long as you adhere to the basic rules when choosing which type of application or combination of stacks that you would prefer.
This will be covered in the next section which will describe the difference between orals and injectables.

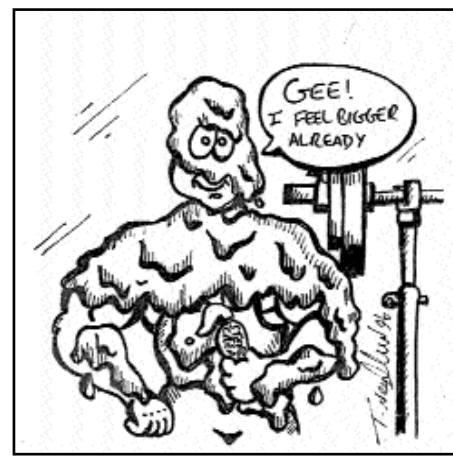
Orals or Injectables?
Orals (tablet/capsule)
Injectable (intra-muscular)
There is however a third one which we will not concern ourselves with and that is with the creams that can be applied. These are mainly for skin complaints and in order that we would use them, we would have to apply it approximately six inches thick in order to get it to work. Would not look good at the gym, I fear. One set of flyes and you would "flye" out of the window faster than crap off a hot shovel, but it is a giggle anyway. Ah well on with the show.



The orals, well that is self explanatory really, except for the fact that if on numerous tablets/capsules per day, it is best to split them up into say two or three sections throughout the day. This helps to absorb into the body at a more steadier rate.
Not all "oral-takers" can have it easy though and one quick story should put you in the picture easily. There was once a guy down at a gym years ago and he was literally a "pain in the arse". I have never turned anybody away AT ALL in my career who wishes to do well, nor have I turned anyone

away who shows any degree of determination. The plot thickens, read on.

This guy was the typical, "I cannot train without my Reeboks", type of guy. You know the sort. He just would not listen, but continued to blast away at nothing else but arms and chest, a "total nonse". Every day he would wash and press his track suit, spray it with some kind of shitty aerosol deodorant and expect people to train around him, especially us.
Normally, we would have welcomed anyone anyone into the fray, but this guy just thought he was the business. One day he approached me and said that he "obtained" some gear and he was told that he should not say anything to anyone but being the total penis that he was could have nearly broke his neck coming up the stairs of the gym, he was so eager. He did not know that he was being set up right from the start. I simply hated him, well not so much hated, I just wished that his next crap was a hedgehog with it's arms open wide holding a bunch of nails in each little cute paw. Yep that is all I thought of him. Oh, by the way, his daddy owned the gym - oops!



He was told, advised is a better word, to ask me on the Q.T, how to administer the tablets which by the way were only Vitamin E capsules. You know the sort, look something like the old liquorice torpedoes. Well I was not to miss out on advising a fellow bodybuilder was I? So I did.

He had to be in the gym the next morning and train his legs (once per month if lucky) and funnily enough, so were we! He preceded to squat but stopped after the the fourth rep. We waited until he came back from the toilet and he carried on. Three reps later he rushed to the toilet again. He came back only to have to return a couple of reps later. Eventually he sussed the situation out and stormed out of the squat room, leaving myself and my training partner absolutely no-good. I was crying so much I thought my knickers would never dry out. My partner was even worse.

The instructions that I had given to him were simple. He understood about the type of sublingual supplements that you could slip under the tongue so that they could dissolve quicker into the system, but had not heard about the new steroid that you had to slot up ones arse before squatting so that they would dissipate quicker into the legs and make them grow faster. This is what he had been doing that morning, slipping a capsule up the old hole, rushing out and attempting to squat, only to have it keep flying out as he was in the down position. It was bloody hilarious and well worth the couple of quid that he had paid for the pleasure. I can tell you that we were banned from the gym. It was worth every minute. What an arse hole, literally. My partner could not train for a couple of days, suspected rib damage. Silly but true.

Always makes me laugh when I think about that, but there is something in there if you think about it. I know that we had a laugh with a guy that had asked for it for years but even so it should make you realise that advise can come from all sources. If we had, we could have made it much more uncomfortable for the guy and he could have questioned any and all information that was given. That is what I advise you guys to do, with any type of gear.

Injectables (intra-muscular)
This is certainly the least favourite with FIRST TIME users, for obvious reasons but do not panic guys. It is in my opinion the better of the two by far. With an injection the dosage is applied directly into a large muscle group and therefore there is less toxicity directed through the liver. Again, do not start panicking as it sounds worse than it actually is but the "jabs" are less likely to be forgotten to be taken and can be controlled much easier I feel.
The following information is important, and should be absorbed seriously!

Injection sites and procedures
In no way should any oil based steroid be injected into the veins, you would be looking at serious problems if you did. The best place to stick it, is in the "bum", the glutes if you like. Target it on the top right of the right buttock, or top left of the left buttock etc. The best type to use is a "green top", sized 21G 1-1/2. This type is excellent for the oil based jabs and can be used for water based solutions also, but a good one for such as Winstrol would be the "blues". The size for these should be around 23G 1-1/4".
Always inject water based fluids, nice and slowly or you will find the fluid could just shoot right out again, take it steady. All jabs must be deep and direct, no messing about here, straight in. This area is best chosen due to the fact that it is thick and can take the jab no problem. It also has fewer nerves at this site.

Be careful NOT to get close to the lower spine as you may hit the sciatic nerve, if you do you will know you have. When you come down from the ceiling you may experience temporary paralysis of the area, but it will return, do not worry. Keep to the right and you will be okay.

Other areas to go for would be the outer side of the thigh, **DO NOT GO FOR THE INSIDE** of the thigh as there are many more veins and arteries that do not need hitting, I assure you. There are a lot of guys that actually prefer to inject into this area as they cannot seem to turn around enough to see where the jab is going. Some also inject into the shoulder (deltoid) but again it is personal choice, not for me though - ouch! This area is okay for some but if damage occurs, i.e. blood vessels ruptured, or an awkward jab, then the injury can actually cause so much pain that training is out for a time.

IMPORTANT POINTS TO WATCH FOR!
There are many important facts to take into consideration when administering an injection and if you follow the basic rules, then you will have trouble free therapy. The points to watch out for are as follows:

• **NEVER** share needles with another person - destroy after use!

• Avoid injecting into the exact same area more than more than twice per week!

Keep the area to be injected **AS CLEAN AS POSSIBLE** - use an alcoholic swab!

• Use a sharp needle every time. Avoid rubbing on the base of the vial!

• Use two needles if possible. One for pulling, one for jabbing. **STAY SHARP**

• Inject slowly, carefully and make sure the jab is all the way in. Under no circumstances should the fluid be injected just under the skin - **IT COULD ABSCESS!!**

• Do not worry about a little blood. It could be that you have caught a tiny blood vessel. Apply firm pressure to the area and it will stop.

• Do not use to fine a needle for oil-based fluids. It will take ages to inject and can cause pain!

• Keep away from the centre, lower back. This will mean that you will avoid

sciatic nerve unless you wish to break the high jump record. High and right is the rule (or left on the other cheek).

- Tap away all bubbles from the syringe, the minute ones will not cause any problems as it is an intra-muscular injection and **NOT** intra-vascular. Under no circumstances should you inject into a vein. The bubbles will rise to the top and then you can dispel any more if you wish - no problem.

Section Two

Methods of usage/stacking/pyramiding

The old favourite time limit of stacking was 6 weeks on and 6 weeks off. It worked for some, okay, but in the main it was a bit daft because no sooner had the gains started to show, than the person came off the steroid run, but it was a popular method that still is used but very seldom now for the reasons given.

The more normal time spans used today or in the region of 12 weeks give or take a couple of weeks. I am not being so specific as there is room for maneuver in most of the stacks used today, but this depends on the type of training and diet that the individual is doing at the time. Most think they are taking enough gear, when in fact their bodies are rejecting it before it is even doing any good, never mind harm!

For example, one guy told me that he was going to go on Pronabol 5, AND HARD, so that he could go through the winter phase, massive. He then told me the stack that he had planned out. He was to start on 2 per day and gradually progress up to THE BIG 6! Wow, he really was going for it in a big way, NOT! The clinical dosage for Dianabol is 50mg per day and that is on it's own. He did grow a little, but what a waste of good money. He was not going to seek out any advise as the berk that had supplied him with the gear down at the local sweat shop had obviously furnished him with enough information to get the job done, or so he thought.

If you are going to do the job, then do it properly or forget it. Remember for instance, Dianabol has been around for many years, around 40-ish, and if the old boys have not sorted out the right dosages by now, well again forget it, and if you are going to be cock sure of your information and not bother to seek out all the information needed to give all the best possible results, then you are asking for trouble, or the other side of things is that you will get sod all out of the game.

I don't give a monkeys what they used to do then, this is now. The gear that is available, well at least the genuine stuff, is so far advanced that it blows the mind with regards to results, In the next few paragraphs/pages, I will show you the most popular AND effective stack for use with good old "Bol. This com

bination is below the recommended required dosage for one simple reason. It will stack with almost anything! It could be an excellent first timers stack and will bring fairly decent results WITHOUT any of the totally "bulled up out of all proportion" side effects that we hear about so often. More on that later, but for now we will look at a ten week cycle, using DIANABOL or indeed PRONABOL 5, for that matter. Another excellent oral that is now back in force and giving some really good gains without problems. This also has been around for some time.

I will be discussing SOME of the most popular steroids that are available a little later on in this book. I will in no way be talking about steroids that you guys and girls will be pulling your hair out about, simply because you cannot get them anyway. That also pisses me off, especially when a particular steroid has totally finished AND all of a sudden it returns, tricky!!

	MON	TUES	WED	THURS	FRIDAY	SAT	SUN	Tablets
Week 1	4	4	4	4	4	4	5	29
Week 2	5	5	5	5	5	5	7	37
Week 3	7	7	7	7	7	7	7	49
Week 4	7	9	9	9	9	9	9	61
Week 5	10	10	10	10	10	10	10	70
Week 6	10	10	10	10	10	10	10	70
Week 7	9	9	9	9	9	9	7	61
Week 8	7	7	7	7	7	7	7	49
Week 9	7	5	5	5	5	5	5	37
Week 10	5	4	4	4	4	4	4	29

Suggested Cycle for use with Dianabol or Pronabol - 10 weeks only
The total amount of tablets would be 492. This would be exact to the last. It would be best to take them in three sections throughout the day, not so hard on the system.

After this cycle, It would be best to take at least four weeks off and give the body a rest from the gear. Many actually keep on throughout the year , this is not recommended, or at least wasn't until the intervention of such wonders as the oral from Spain called CLENBUTEROL (SPIROPENT) and the injectable from down under called DRIVE. These two individuals are used in slightly different ways. The CLENBUTEROL is used DURING the off period and has been proven to be able to not only maintain the size gained during previous stacks, but to also induce further gains AND promote better muscle condition to boot. Brilliant stuff, especially if it is genuine and not the stupid CLENBUTEROL lookalikes or even soundalikes for that matter. You guys know who you are - pricks!

The Drive is an oil based injectable with which you would use in addition to the cycle that you are already on. I will explain it further later but what it actually does is keep the receptor sites open so that further anabolic activity can progress. You do have to use quite a lot of it for it to work, but it does that with no problem whatsoever.

Let me explain in "The Laymans" way, about these receptor sites, as I am sick to death of reading a load of chemical and anatomical bollocks that totally confuses the best of us and no one really gives a shit after reading such things simply because most of the books written on the subject, is written by people who do not know what it does and so what, a good kick in the nuts to those who think better, often offends-hee hee!

Receptor Sites

We will talk silly figures for a little bit, the numbers do not matter in this case as I am just explaining the way it works, so sod off for a minute and let me get on with it will ya. Think of a blood stream, a vein then, and in this vein there are a hundred little hands waving about, like sea anemones, okay. Well these anemones are the receptor sites and their job is to actually catch all the protein and amino acids that pass through the blood stream on their way around the body. As the goodies pass through, each hand or anemone grabs what it can and transports it to the muscle area that is being stimulated. No, you cannot use them for that you pervies.

When steroids are introduced into the body or bloodstream, then all hell breaks loose and you end up with these little buggers multiplying by the hundreds of thousands, literally. Each one is one hard and fast little mother. They miss absolutely nothing and when it grabs hold of the protein/amino samples, they do not get away, no way! No sooner has it transported it's catch to the muscle,

it is back on the job and away again. Much the same as me really! This is one of the reasons as to why the steroids work so well. The recovery rate is increased in a massive way because the body can utilise the protein so well and quickly, that no energy is wasted. Good eh! The problem with over load on steroid receptor sites is when the body is in a constant anabolic state. You are on the gear all the time, if you like, without a break and the sea anemones have their hands full.

Having steroid free periods is really a good idea because it not only gives the "hands" a rest but also reduces the chances of any real side effects that LONG term usage can bring. I emphasis the word LONG because there is use and there is abuse. If you do not respect the gear that you are on, then you are asking for trouble. However, with the intervention of such things as genuine Clenbuterol and Drive, cycles can be lengthened with little difficulty. In some cases, with inaccurate cycles, losses of up to 30% can be experienced if one is not careful, undoing much of the hard work, and money that has been laid out. I thoroughly recommend the use of these things IF you wish to carry on during a stack. If you do, NOLVADEX/TAMOXIFEN is a must. I will explain in the individual steroid section regarding this little wonder.

Staggering methods

This method is also very popular. It is done simply by using the Dianabol stack as an example. It means that you can induce other steroids at certain times in order to enhance the properties of the one that you are already on and increase it's effectiveness. You could add say, Testosterone Cypionate or better still Sustanon 250mg after the second week, adding one shot in the week and there after, tapering it down to the last week which would be the 10th.

You could even add a shot or two of Deca on weeks 4,5,6 & 7. This would help to ease any joint pain and help develop a little more condition to the body, which is what Deca is famous for AND with little water retention.
I would like to make an important point at this stage. I know that the many books that have been written on this subject have also given example stacks of allsorts of weird and wonderful names. Bullshit again. SOME of the people who have written about this stacks have all on spelling the bloody things, ne'er mind use them. I can assure the reader of one thing WITHOUT doubt, all of the stacks mentioned in this book have been used by myself and that of my students, friends, and championship winners, with I might add, 100% spot on gains AND trophies!! We are all still damn ugly, but we are in shape. Yep, and some!

Tom Platz was once asked by a friend of mine, whilst we were all having dinner one night, (damn, name dropping again, tut, silly me, ah well) about the much publicised injection procedure that he had apparently used which was called the "Diamond method". He was to have jabbed himself in the leg in a diamond pattern, and said that it worked for him. When asked about it, he laughed and said that he had been at a seminar and was asked the proverbial about steroids. He knew he was going to get one and so told the guy about this or something to the effect. Of course it got around and after a few weeks, literally everyone was trying the same method. The thing was Tom was just kidding, and it just shows up some of the bullshit methods that come up and GET PUBLISHED.

Let me start a rumour here. I have heard that if you shove a long handled brush up your arse, put one foot on a stool, lift your right "gonad" and inject into your left elbow, I am sure that it will have some real effect, honest. It will, it should get you around three months in the local nick for being a perverted swine. Can you see my point?

Look, the stacks that are in use today are not that complicated at all. You can add steroids of different types in at all stages of therapy with no problem. The trick is to know what each steroid actually does. I will explain a perfect way of setting up your own stack with little problem. First of all, I need to explain, basically mind, the main types of steroid and how they will effect the outcome of the body.

High & Low Androgens
There are two main types of steroid and they are highly androgenic gears and of course the low. Androgens are basically responsible for the deep voice, hairy

chest, horny type of person. In short, the higher the androgens the more male characteristics they are. When a woman wishes to become a man, via a sex change etc, then they are saturated internally, with highly androgenic gear, testosterones in the main. The problem with inducing highly androgenic gear is that it can force the body to retain water, it AROMATIZES, okay. When there is an excess of androgens or testosterone in the body, this is classed as a side effect of steroid therapy. The other problem with the high stuff is that it will also induce a state of Gynecomastia otherwise known as "bitch tits" This happens when the body has an over abundance of the female hormone known as estrogen. To much of this pal, and I am afraid that you are going to be pissing on your hands, let me tell you, or should I call you madam?

When the female starts to experience the same type of effects, this is known as virilization, in short (or long if you like), she will soon be "hanging out" with the big boys. I think that you get my meaning without going on to much, okay? Now then, there is no need to panic if you find that you are on high androgenic gear, most of us are. The problems arise when the safety factors are ignored and ESPECIALLY when over-abuse and ignorance is the culprit. They won't be after reading this I can assure you. The most popular steroids, the mass builders if you like, are in the main, highly androgenic, but boy do they build muscle. Perfect examples would be; Testosterone Cypionate, Testoviron, Dianabol, Pronabol, Propionate, Heptylate and especially, Anapolon otherwise known as "Oxy 50's" The latter would put muscle on a tomato, but it is quite strong and plenty of Nolvadex and several H.C.G. jabs during the cycle, are recommended highly.

There are just a few of the very many different types available today. This type of steroid would be the basis of the stack, and for this one I will choose Sustanon 250, Organon. This steroid is actually not as androgenic as the others as it is a mixture of four different "tests" therefore reducing it's aromatisation a great deal. I choose it because it is that good AND it is highly anabolic.

We will put that into the table later. At the other end of the spectrum, would be the intervention of low androgenic steroid. The most popular, and my personal favourite is Deca-Durabolin, preferably the 100mg variety, Organon. Rare, but good. Very much a target for the bloody counterfeiters, unfortunately. This is a steroid which is perfection to say the least. Highly anabolic yet low in androgenic qualities. It will build, yet not make you feel like the Lady Bower Dam! luv it, luv it, luv it!

Okay we have two fine choices here for the combination stack here and we can

actually add one more, an oral. For this I would use Pronabol 5 as a back up, an excellent one at that. Right, now we have a stack that will build plenty of mass, both with the Sustanon and the Pronabol. The Deca will also build, but mainly condition and also, as said previously, assist in the recovery and prevention of the joints, which take a tremendous amount of hammer anyway. I will also be including the Nolvadex into the stack because it is so important and the guys (or should I say girls to be) Who ignore this would do well to listen. Oh, excuse me for a minute, my bra has slipped, damn thing, these panties do no good for me as well, back to work.

The following stack is designed from personal use and NOT taken from any other publication WHATSOEVER. I have, as already stated, used this (and many others) to full effect with excellent results. The stack WILL build a lot of muscle if it is followed to the letter and of course all safety factors are inbuilt. REMEMBER that all steroid therapy MUST be fed well. The diet MUST be full of plenty of calories built up from good wholesome food. This we will cover later in the book.

Mass Building Cycle - 10 Weeks:
Sustanon/Deca/Pronabol/Nolvadex - Stack Summary

There you have it, in full. I would recommend that 10mg of Nolvadex every day from day three of the first week. This will ensure that the estrogen levels do not get out of control and of course keep you away from wearing a skirt. The water retention will also be held back to a minimum with it's induction. You can assist the Nolvadex (or Tamoxifen) by keeping a check on your salt (sodium) intake, to much and you will find that this will also affect your bodies fluid level. The end result of too much, would be a bloated physique.

In order that you can keep a record of your own intake, I have produced your own personal chart, nice guy me! It is important that you record the date of the injections and especially the amounts of orals that you take. Orals can be a problem when trying to remember the amounts that you have taken or the worst one is when you are not sure if you actually took them at all. However, do not worry too much if you miss for some reason and take a couple too many, it will not affect the outcome to much and you will certainly not overdose as the amounts have been worked out spot on.

Mass Building Cycle - 10 Weeks - Sustanon/Deca/Pronabol/Nolvadex

	Mon	Tues	Wed	Thurs	Friday	Sat	Sun
Week: 1	1ml Sust 3 pbl	- 3 pbl	- 3 pbl	1ml Deca 3pbl	- 3 pbl	- 3 pbl	1ml Sust 3 pbl
Week: 2	- 4 pbl	- 4 pbl	1ml Deca 4 pbl	- 4 pbl	- 4 pbl	1ml Sust 4 pbl	- 4 pbl
Week: 3	- 5 pbl	1ml Deca 5 pbl	- 5 pbl	- 5 pbl	1ml Sust 5 pbl	- 5 pbl	- 5 pbl
Week: 4	1ml Deca 7 pbl	- 7 pbl	- 7 pbl	1ml Sust 7 pbl	- 7 pbl	- 7 pbl	1ml Deca 7 pbl
Week: 5	- 9 pbl	- 9 pbl	1ml Sust 9 pbl	- 9 pbl	- 9 pbl	1ml Deca 9 pbl	- 9 pbl
Week: 6	- 9 pbl	1ml Sust 9 pbl	- 9 pbl	- 9 pbl	1ml Deca 9 pbl	- 9 pbl	- 9 pbl
Week: 7	1ml Sust 7 pbl	- 7 pbl	- 7 pbl	1ml Deca 7 pbl	- 7 pbl	- 7 pbl	1ml Sust 7 pbl
Week: 8	- 5 pbl	- 5 pbl	1ml Deca 5 pbl	- 5 pbl	- 5 pbl	1ml Sust 5 pbl	- 5 pbl
Week: 9	- 4 pbl	1ml Deca 4 pbl	- 4 pbl	- 4 pbl	1ml Sust 4 pbl	- 4 pbl	- 4 pbl
Week: 10	1ml Deca 3 pbl	- 3 pbl	- 3 pbl	1ml Sust 3 pbl	- 3 pbl	- 3 pbl	1ml Deca 3 pbl

Section Three

Natural supplementation with steroids

Because of the bad press that the supplementation world has had of late, many of you have given up on vitamins and minerals, in some cases you are right. There are many bogus companies out there selling all sorts of crap, and the laws that surround this type of rip-off merchant are certainly in need of revamping. They are turning their attentions in the wrong direction, in my opinion. They say that we should not take steroids as it is not good for us, who the fuck do they think they are. Why don't they make sure that the laws surrounding the health food markets are so tight it would hurt. At least we know what we are taking when we use steroids (at least the genuine anyway). There are companies springing up who fully intend to rip us off because it is that simple for them to do, and the laws that surround their control are so lapsy daisy it stinks. Back to business.

There is no point whatsoever, giving you a long list of natural supplements, some of which will do you absolutely no good except to lighten your pocket. I will say this time and time again, stick with the basics. They will suffice more than enough towards the safety aspects and the assistance of muscle building assistance. Lets look at the ones that are considered to be the best.

Amino Acids:
Without these, we just cannot grow, PERIOD! Those who say they can obtain enough from a natural diet, WHEN ON STEROID THERAPY, are either very lucky or liars. Due to the types of lives that most of us lead today, time is of an essence and the addition of supplements may be the only way with which we can ensure a safe and sure supply of these little wonders. Protein contains the "building blocks" of human tissue which are amino acids. Our bodies break down the amino acids into new forms that can be used to promote new growth and of course, repair and maintenance functions. It is important to remember that there are eight essential amino acids, and if we consume these, then our bodies can synthesize the additional amino acids that are required for health and of course, growth.

Fair enough, we can argue till we are blue in the face as to whether or not free-form, peptide bonded or branched amino acids are better than each other, but it is fact that the peptide-bonded amino's nitrogen retaining qualities are far greater, up to 16-18 times in fact, perfect for those on steroid therapy.

Personally, I train and gain much better on the peptide bonded, as I feel my body absorbs them much easier. Again I stress that these types work better for ME personally. No one can say which will work EXACTLY right for each individual. It is up to you to find that choice by trial and error, but I would opt for the "pep's" personally.

What I can tell you though, is that the sixteen firsts and eleven second places in the last couple of years, from my students and clients, have all followed the same path, not bad eh! I can also bore the crap out of you trying to explain what each individual amino does and why; where it comes from, what it's main function is and..... see, bored already. What I will do is give you some basic notes on proteins, carbs and fats a little later on and you will benefit from that basic knowledge more than the coercion factors of the foo- foo system deflation whatsits- get my point.

General nutritional notes

The food that we eat provides all the nutrients that are essential for the following purposes:

* The building and repair work of all the cells of the human body.
* It provides the heat and energy that we need to work.
* It provides us with the heat and energy needed for the normal day to day functions of the body i.e. digestion, circulation and respiration.
* It protects the body from many forms of disease.

We already know the importance of supplementation but it is important to note that if most of the amino's, vitamins and minerals are derived from our food intake, we know that it will be assimilated in the best possible way.

Food compositions

Most of the foods that we will look at are a combination of some or all of the following substances:

* Carbohydrates
* Fats
* Proteins
* Vitamins
* Minerals
* Water

Each and every one has an important part to play in the maintenance of the general health of the body. I have categorised the different substances for your use. Please understand that most of you will know the basics, so what! Some don't, and it is for this reason the basics must be explained.

Protein - The Builder
Protein is made up of amino acids. Some of these are essential, some are regarded as nonessential. Protein foods contain a mixture of both of these types. The first class proteins have a higher content of the main essential amino's than those of the second class protein, but in reality the second class proteins actually supplements the first, but in no way does it substitute it. For instance, cereals and vegetables also contain some carbohydrates. Here are a couple of examples to back that up:

Sources
Animal foods: meats, fish , eggs, cheese & milk..... 1st Class
Cereals: barley, oats, rye, wheat & flour..... 2nd Class
Vegetables: potatoes, beans, peas, nuts & lentils..... 2nd Class

Functions
Protein provides the building bricks known as amino acids, necessary for continual growth and repair work of the body cells. Protein can, and is, often used as a source of energy. If there is an excess of protein intake, then the amount in excess of our bodies requirements for rebuilding would be converted into a source of energy. The point to watch here is, if it were not used up, it would turn to fat, but we store very little and so therefore we drastically need to take in fresh supplies daily, especially on bodybuilding programs. Double it when using the gear!

Carbohydrate - The Fuel Supply
Carbs, as they are more widely known, are a large group of food stuffs which include, sugars, starches and fibres. Chemically, they contain only the elements known as carbon, hydrogen and oxygen in the same proportion as water - 2:1. They provide us with heat and energy, and the vegetables and cereals provide us with some of the most important water soluble vitamins known as B & C.

Bodily requirements
In a well balanced diet, carbohydrates are needed daily and obviously the amount will vary greatly on the energy required. Those of us in hard training, must increase the carb levels in order to give us the power and energy that we desperately need. Anyone not in hard training and yet still persists in increasing the carb levels beyond the required needs will simply get fat and all to often in the wrong places. People on weight loss programs will have to lower the levels because of the lighter work load.

Storage
Carbohydrates are stored in the liver in the form of glycogen. A combination of many molecules of glucose and is a necessary reserve of carbohydrates. A point to be wary of is that carbohydrates can be stored as fat. Many go wrong here, be careful.

Sugars
This is 100% carbohydrate and contains no other nutrients. It should be restricted greatly in our daily food intake. We can choose fresh fruit instead of the tinned variety (syrup that is) and avoid jams, cakes, chocolates which are saturated in the stuff. Carbohydrates should never be substituted for main meals. Balance is the key.

Roughage
This is an indigestible food stuff and therefore does not supply any energy. Some sources include:
* Cereals; outer husk of whole grain cereals
* Vegetable and fruit; skins, stalks, pip and seeds e.t.c.
It's function is to add bulk to the main meal and keeps the bowels clear, I'll say, enabling the body to rid itself of waste matter easily, preventing constipation. How I said that nicely I'll never know?

Fats:
The main sources are:
* Animal; butter, lard, suet, dripping, cream and fish oils.
* Vegetable; margarine, oil, soya bean and seeds e.t.c.

It provides us with:
* Heat and energy
* Transportation and supply of the fat soluble vitamins; A, D, E & K
* The saiety to food
* The essential layers of protection for the vital organs i.e. heart, kidneys and liver e.t.c.

If excess fat is eaten it is converted to body fat resulting in obvious weight gain. Less active people should restrict their intake drastically. Steroid therapy will benefit from increased calorie input, I agree, but we wish to gain weight gradually and safely in order that they should stay permanent. Here is a basic breakdown of the different types of vitamins and minerals mainly found in foodstuffs:

Breakdown of fat solubles

* Vitamin A; needed for healthy tissue, especially that of the eyes sources - liver, fish, margarine, butter and cheese.
* Vitamin D; essential for strong bones and teeth. Assists in the absorption of calcium and for calcium to be absorbed by the bones and teeth.

Sources:

egg yolks, butter, margarine and fatty fish, but only in small amounts. The majority of vitamin D is produced by the body, by the action of sunlight on the skin.

***Vitamin E**; found in most natural foods and in it's many uses, aids the transportation of oxygen around the body, via the blood stream.

*** Vitamin K**; this is synthesized by the body.

Breakdown of water solubles

These are not stored by the body and so therefore a daily intake is needed e.g.

B Vitamins; there are many types in this group. There function is to maintain the nervous system, and there source is a wide variety of foods mainly based around cereal products.

*** Vitamin C**; it's function is necessary for the repair of tissue and healthy skin. It's many sources are found in fruit, especially blackcurrants, oranges, grapefruits and limes as samples. Vegetables, such as the dark green variety and especially brussels, potatoes and other root types, are rich in vitamin C. One point, this vitamin is particularly vulnerable to damage due to cooking. Remember this when calculating your daily dosage.

Minerals

All minerals are required in trace amounts in the body. In a well balanced diet, most of the bodies requirements are met, but the two most important minerals that are found to be kacking the most today, are the iron and calcium variety.

*** Iron**; sources are found in liver, egg yolks, red meat, dark green veggies and also flour etc. It's main function is to transport oxygen via the haemoglobin to all tissues and also to form haemoglobin in the blood. Increasing the need following blood loss or women of menstrual age.

*** Calcium**; It is essential for the correct development of nutrition of teeth and

bones, the functioning of the nerves and muscles. It also aids in blood clotting, another aspect when steroids are used as the blood can be thinned in some cases depending on the type used. It's main sources can be found in all milk products and also in dark green veg and fish.. The flour and bread we eat today, has to have calcium added by law, but we all know what they can amount to don't we!

Vitamins to combat side effects
It would be very unwise to underestimate the power of vitamins and minerals in the battle against the side effects that some steroids can bring. It is also very stupid to think that steroids do not give side effects, they do. They are not as bad as the press says, however, they would not know their arse from their elbow if it hit them in the face. All they are looking for is a story and how! Bodybuilders know all to well the side effects that steroids can bring but most know how to combat the effects quite adequately with the use of vitamins and minerals. For those who do not, read on me old cock sparra's.

Vitamin C
This is one of our best mates when on the gear, believe me. It cleans the liver, blood and kidneys and assists the detoxifying team of the body, no end, amongst many of it's other attributes. By it's actions, we can be assured that most of the minor problems can be attributed to use of the gear, and if the over abusing factors are adhered to, the problems are so minimal it is great. Vitamin C must be taken daily in order to be able to replenish the stores of the body. Everytime you go for a "jimmy riddle", you rid your body of much of the "C" stored therein. It is a water soluble vitamin and you would require at least 2-3 grams per day in order to benefit from this little wonder. Half a dozen oranges are not enough in fact you would need to eat around thirty oranges per day in order to get 1g of pure "C". My calculations would be that you would be able to crap through the eye of a needle from a distance short of 200 yards. All the free-flowing orange through the system - Ouch! You would need to get through at least 90, ouch again. Go for the tablets, PLEASE!

Vitamin B-Complex
Cop this! Have you ever suffered any of the following whilst on the gear, okay in a small way, but have you? Confusion; depression; irritability; hair loss; bad skin; poor appetite; insomnia; difficulty relaxing; constipation; sleepiness after a heavy meal; poor memory? Well maybe I have gone a few examples to far, but we can suffer from these WITHOUT the gear, I admit. The problem is that when we do use it, we are working at optimum levels and these things can happen. The B-Complex can assist in the prevention of one or all these things. B6 can

fight against water retention, bloatedness, hair loss and and muscle cramps. I rest my case.

Calcium
A good one to take as well because the bones do take a tremendous amount of hammer and anyone on Growth hormone (G.H.), this is a must as the "G" can, if over used, make the bones quite brittle. Not as bad as it sounds, but better be safe than sorry.

Multi-Vitamin
Always best to throw one of these down. Safe guarding against the lack of any vitamin or mineral is the right thing to do. The amounts are quite small, but any amount is better than none and we can never say which one EXACTLY. We may be lacking in one particular area and the multi would be a good fail-safe factor. There are a few quite strong ones on the market, I would suggest one with at least 12 vitamins and 6 minerals, this would be a good one indeed.

Points to note
It is vital to be careful when choosing supplements. There are many companies out there who would just wait around the door, grab your money and run. Much like some of the gyms that promise you the earth, just before you enrol. After you are in, you can sod off as far as they are concerned. There are many new customers like us waiting in wings. There is one thing, however, the gyms that take that little bit of time to advise on supplements and training are on the right track. Okay, they might not all know exactly what you should take, but the little bit of help does go a long way, agree. Anyhow, if you are not sure. You can always contact me, I'd be happy to help. Remember these few points from the workout professor.

Targeting the amino intake - Amino load!
One sure way with which to ensure that the aminos that you take in are being used as fast as you can is to load the body with aminos, before and immediately after the last set of the workout. This can be done by training as normal and then prepare yourself for one final set, the beauty of them all. Using the solid type tablet straight after will be a waste of time, in fact some of the tablets that are coming of the assembly lines are literally pan-bullets. They never dissolve and pass straight through the system like a porsche with greasy wheels, get my point.

Lets use the barbell curls as an example. Train the arm as normal and then after the last set, do one more, but it must be to failure. The arms will be so

gorged with blood that the amino acids will be attracted to the stimulated area like a heat seeking missile, guaranteed! This is one sure way with which to get to the middle of things. It works a treat, but you literally have to hit that last set like no other. As I have said before, the tablets are a little hard to digest and would not do the job well at all. I would suggest that you use liquid amino of your own concoction or the one that I prefer is MINAMINO ACIDS from the chancellor group. This is the only liquid amino that I would trust at the moment. The company is extremely reputable and you can be assured of excellent quality in the product. It should be proven in battle, it has been around for something like 35 years. Excellent stuff.

Amino loading tips

* Do not forget the high rep set at the end of each workout. This burns away at the glycogen level and increases efficiency of the intake of aminos.
* Opting for the liquid aminos is a good idea but you have difficulty obtaining the best type, try peptide bonded. I feel that these are better than the free form, as they are not fully utilised by the system as the former.
* Try not to carb up before the workout. Depleting the glycogen levels will help all the way. Be patient and don't panic, gains will come, slowly but surely.

Educate yourself on supplements
Seek out the reputable companies
Check out the ingredients first.
Not sure? Ask questions, it's your right.
Don't waste money. Read up on the supplements that you are planning to take!
Don't be fooled by fancy adverts, look deep, read between the lines, okay!

Section Four
Side Effects

To be perfectly honest, there are two main side effects that we can look at. They are water retention and acne. These two are mainly from over use of the heavy testosterones. The side effects can be combated if from the start several points are adhered to:

• Nolvadex or Tamoxifen should be used throughout the course

• Salt (sodium) is kept to a minimum in the diet.

• Find the suggested dosage and keep slightly under that. In many cases, more is not always the answer. Once in, it cannot be taken out.

• Supplementation as suggested earlier, must be taken - A MUST!

• Usage of liver de-toxifiers are recommended - suggest LIV 52!

During my many years in the sport, I can honestly say that I have never suffered any side effects to be worried about, in the least. Why? I have never over abused the gear and I have had the pure sense to treat such things with great respect. I know for a fact that the high androgenic gear i.e. Cypionate, Anadrol 50, Dianabol, pronabol just to mention a few, do actually produce some of the best gains. I also know that many prefer these types without question because they suffer very little or no side effects to be concerned with whatsoever, THIS IS FACT! I prefer the low androgenic gear, personally as I find that I can grow without the water retention properties that these types can give TO ME!

This is not to say that you would experience the side effects using the high androgenic gear. It depends entirely on how your body reacts towards the different types, boy the choice is massive. I have coached and trained (at the time of publication), 16 first places and 11 seconds over the last couple of years or so, all using different types. You have to find your best choice literally through trial and error. There are many pro-champions out there who use low androgenic gear all year round without any problems. There are also those who stay on the high androgenic gears all year WITHOUT any prob-

lems. Those that do have problems, simply over abuse the gear. No respect. Doing it this way is just asking for trouble. You know the dick-brained type. They never train, take massive amounts of juice, walk around FAT and stupid to boot. Their idea is to look hard and basically intimidate any and all who tend to be smaller than them, no wonder. What they do not realise, because of their shrunken brain size, is that they are asking for trouble themselves. Use of the gear without stimulating any muscle tissue at all WILL bring down all the side effects that they can think of. These people give the media all the bullets that they can fire. They are solely responsible for the bad press, I hope that their next shit is an hedgehog with it's arms open wide!

I know that the other side effects can be a problem to some, but they have been categorised already. Anyone who thinks that the more they take, the bigger they will get, constantly, will definitely reap the problems, be assured. In short the other known side effects will present no problem so long as all the pointers given earlier are adhered to with the strictest discipline. The other known side effects can be as follows:

- **Increased aggressiveness**
- **Increased appetite**
- **Increased mental intensity**
- **Increased tolerance to pain**
- **Increased libido (sex drive)**

Points 2,3, & 4 pose no problem in my eyes. Food is needed in quantity when on the gear, so this is a bonus I feel. The mental intensity, well, it is good to know what is happening around the gym complex and assists the workouts no end. Tolerance to pain; maybe a little exaggerated I think, but the fact that I can train through pressure and pain is a good thing. You will not train through that much pain that you will ignore any injuries, so no problem here.

Regarding sex drive, well, what can I say. I know that some guys have a problem with that, I cannot for the the life of me see where, but I suppose it happens. The problem lies, apparently with the women in their lives. The men all of a sudden, even very late in life, want to bonk, and the women don't. What I can say of that is, where was the problem before? What problems did they before they went on steroids? No one will say that. What they will do though is use the gear as a publicity stunt, period. The usual story is that the guy was a kitten before he used the gear, now he is a tiger. I would say that the guy had a problem before, but would not except it.

This can be looked at in the same context as for the aggression factor increases. Yes, it does increase the aggression , in some cases quite a lot, but this is when over abuse rears it's head again. Using gear such as Halotestin, Anapolon 50 and Methyl Testosterone will bump it up, so stay off it, period! The other thing is the statement that steroids will increase your killing instincts, pushing you to possibly kill someone, bollocks. If you are a pervert or a murderer you are and no steroid is going to turn you into one anyhow. If you have tendencies towards such things, you have them and that is fact. It is simple for the murderers to blame it on gear.

One important point, A few years ago, the totally brain dead guy, shot and killed quite a few people. This was a tragic event to say the least and I am very sorry for the families involved. Thankfully the bastard killed himself, but at the hearing it was said that he had taken steroids in his younger days. In his YOUNGER days I emphasise!

NBC NEW
ADOLF HITLER HAS TONIGHT BEEN CLEARED OF HIS WAR CRIMES AFTER 45 YEARS! AS NEW DNA TEST, SHOW SOME EVIDENCE OF STEROID ABUSE! SOMETIME EARLY IN HIS TEENS!
STEROID SENSATION.

The time difference between him taking steroids to the time of the killings was nearly two decades I believe. The steroid, even the oil based types, would have been out of his system, totally within 1 year at the MAXIMUM, so how can his use of steroids be attributed to the terrible things that he did. They cannot, if you are a psycho, you are a psycho, period - and no one can change that at all. It is in built.

It is easy to blame something that we know nothing about, ignorance was and is an easy excuse to blame anything at all for our short comings. It is the same things for videos, the nasty type. Don't blame the film makers, we literally ask these guy to make 'em. Blame the pricks who let the kids watch 'em. Keep them out of the way, watch them on your own and get the bloody kids in bed. Stupid morons who allow kids to watch them anyway.

Descriptions of selected steroids in use today
The following descriptions are given from some of the most popular steroids that are in use today. The list is not necessarily in order of that popularity but the explanations are from personal experience and from people who have used the same gear with great results. I am not going to bore the crap out of you by explaining about steroids that cannot be obtained in any real sense. It is usual to even bother because most of the time many of you guys will waste a lot of time and money searching for something that may not be genuine any-way. What I mean is, a lot of the steroids in some of the steroid books that have been published even show some of the steroids that they claim are counterfeit, maybe so, in their country. Quite a lot of steroids in America, that are counterfeits, come from Mexico, I rest my case. Forget that for a moment, we can discuss "counters" later. Here are a few descriptions of steroids in use today.

Orals

Anapolon/Anadrol 50 - Syntex - [oxymetholone]
This is basically "rocket fuel" A very strong oral indeed, one to be careful with as it has strong androgenic and anabolic qualities. It will definitely make you grow without doubt, but use it with caution. It is highly recommended that Nolvadex/Tamoxifen is used along side this steroid. This will help to combat the high water retaining properties that it holds. Without doubt one of the best size and strength builders on the market today.
Summary; used with care, this will build muscle, treat with disrespect, overdosing etc., problems will occur.

Andriol/Anadroxen/Nuvir/Undestor -(testosterone undecatonate)
This is without doubt one of the finest and safest steroids around today.
The capsules are red in colour and the genuine article has a code number on each one. The ones that I have used in the past have anyhow and I KNOW that they were genuine. The capsules are 40mg in size and the dosage recommended is usually around 200-250mg per day. This is high because the andriol is only in the system for approximately 8-10 hours and then dissipates. Another bonus is that although it is a testosterone, it does not seem to have the water-retaining problems that it's injectable cousins have. This is one to watch out for in the future, but watch carefully, there are many counterfeits about. Look for the organon variety.
Summary; I would give this an absolute 9 out of 10, nobodies perfect. Very safe indeed.

Anavar (oxandrolone spa)
A great favourite of many, this steroid has been around a few years. Very low androgenic and used mainly in pre-contest because of it's low water-retaining properties. Used off season, this little wonder will assist to harden and give condition to the muscle and can be stacked with almost anything at all. Alone it will not build vast amounts of muscle, but what it does build, the gains are good it comes in 5mg tablets, but be careful, it is counterfeited all over the place. I have seen the genuine only a few times this year, so watch out for it. Dosages range from 6-8 per day although it is best to pyramid the stack, build up slowly and then down.
Summary; Excellent for first timers. Excellent choice for the ladies dosage around 4-6 per day, variable. A very safe steroid to use if you tend to hold a little water.

Dianabol (methandieone)
What can we say about this one. In reality it is the best known steroid on the market, the one that the old boys first started on. Dates vary but it is said to have been around since the late forties. Some people think later, I think not. This steroid is designed to make you grow, period! The clinical dosage per day is actually 50mg per day, that would be ten tablets per day. The trick with this extremely popular steroid is to pyramid it to a peak and then come down gradually. Nolvadex/Tamoxifen is highly recommended when using Dianabol, this will help to keep the water retention down amongst many other things. The size and strength increases that can be attained on this product can be quite dramatic. Gains of around 10-20lbs during a ten week cycle are not uncommon. Highly recommended for the first time user and stacks well with almost any other steroid.
Summary; If you can get the genuine, brilliant. Can be stacked with Deca and or Cypionate for excellent results. The Russian variety is a very good choice here.

Pronabol 5 (methandienone)
At last a reliable replacement for the good old D'bol. Pronabol 5 is more or less the same but may be a little stronger in it's actions. This is definitely one of the most fastest up and coming steroids on the market, especially here in the UK. It is relatively androgenic and does aromatise, again the use of Nolvadex/Tamoxifen is recommended. Pronabol 5 is best used in any bulking/mass building program. Dosages are just the same as that of Dianabol.
Summary; Perfect first timers choice. Good gains with the genuine gear can be obtained without problems.

Primobolan Acetate (methenolone acetate)
This is available in two sizes which are 5mg and 50mg, the latter being the most available of late. It is very anabolic but has minimal androgenic qualities which makes it an ideal choice for pre-contest preparation. Very good for the ladies is this little beaut! Dosages used with good effects have been around 2-3 tablets per day, ladies 1-2 variable.
Summary; works well on cutting up programmes. Good choice for both sexes. Stacks well with Deca.

Winstrol/Stromba (stanozolol)
Another excellent first timers choice. This is a very safe one to use either on it's own or within in a stack. It is very low androgenic yet can promote favourable size and strength gains without much trouble. Little or no side effects with Winstrol. It is also known as Stromba but the genuine article is known as Winstrol Zambon, a product from South Africa. This comes in a grey-ish box with white and brown printing. The word WINSTROL is in brown, Zambon in white at the bottom. Available at the moment in 2mg tablet form. High dosages have been used simply because of it's low toxicity levels. Men around 12-15 per day and the ladies can get good results on around 4-6 per day, variable of course. This steroid is the solid form of a favourite of mine which is of course the injectable form. More on that later.
Summary: Recommended without doubt.

Ephedrine
A non steroid but nonetheless very much a booster to workouts, a genuine stimulant if you like. The pump that can be gained from this is quite amazing if taken about ½ to 1 hour before training. You can train with great intensity and increased concentration. Dosages that have worked have been between 2-4 pre workout.
Summary: Recommended but not for anyone who has any history of heart complaints. This can increase the heart rate temporarily which also leads to greater calorific burn ups. Good for dieting.

Nolvadex/Tamoxifen Citrate
Nolvadex & Tamoxifen are both estrogen antagonists and were initially developed for the treatment of breast cancer. It actually works by competing with estrogen for binding sights in target organs so that the estrogen is ultimately eliminated from the body in the faeces. It is most useful for bodybuilders in pre contest phases it eliminates all of the effects of aromatized estrogens caused by anabolic steroid use. It is also extremely effective in treating the old enemy, "bitch-tits". This is otherwise known as "gynaecomas-

tia". Signs are soreness of the nipples and of course the breast area swells quite a bit. Wolf whistle needed here, hee hee! Anyone on steroid therapy should be on Nolvadex or Tamoxifen throughout their cycle. Good results have been reported with many people on pre contest prep's, resulting in a much sharper physique. Dosages are around 10-20 mg per day.
Summary: Who wants "tits". Use it throughout, recommended - period!

Triacana (tiratricol)
This is a thyroid derivative but not nearly as drastic as it's counterpart, Thyroxine which I do not recommend, period. Triacana is widely used on the continent to treat obesity and is used here with great success for dieting purposes, competition phase or not. Use this moderately and you would find it a great aid to your diet. The dosages are quite strict, 1-2 tablets per day tops for NO MORE than one month at a time, then come off for at least two weeks, then you may resume the dosage again safely. The product to watch out for here is made by MEGENIX, white box with blue tag and black writing. This will guarantee genuinity.
Summary: This is a cutting up product and works very well indeed but it is fast becoming a rare product, grab some while you can from your source.

Clenbuterol (spiropent)
Well this has caused much excitement in the bodybuilding world, because it actually does what it says. It is actually used in the treatment of asthma and with it's use we were to find out that it's side effects were that it actually burnt off body fat and left the lean muscle. It exhibits a very powerful anti catabolic effect on the body and when your body is in a catabolic state you are going to make very little gains. Clenbuterol is one of the best fat loss aids that I have ever known. Used during a full cycle, Clenbuterol will make dramatic changes to your physique, helping with the conditioning especially. It will also increase your energy levels quite amazingly, especially when taken half an hour BEFORE training. Boom!! Use it during your time off between normal steroid cycles, say four weeks, and the normal losses that can be experienced will be a thing of the past. You know that losses of 20-35% are not uncommon. Not with Clenbuterol. There is much to say about this one, so much that I will be covering it again in the next publication. Anyone wish more info, in greater detail, please contact. Dosage for men vary but 2-3 per day, two days on and one off is the favourite at the time of writing.
Summary: Absolutely without doubt. Excellent also for strength and size if used in normal stacks as well as singularly. Careful if any heart trouble history etc.

Clomid
This product is actually used as a fertility drug but it's main job is an anti estrogen stimulant. It is similar to Nolvadex and Tamoxifen but the latter two are the most popular. However, I have used Clomid with great success in the past. Dosages around 50-100 mg per day would suffice easily.
Summary: Popular and still preferred by many.

Liv 52
This is a liver de-toxifier from India and it works just great. Recently I saw some for the first time, in a long time, and quickly snatched them up. They come in tubs of 100 and the dosage is 6-9 per day with zero side effects. This is not a steroid and is taken in order that the liver be protected from various hepatoxins and it also corrects liver dysfunction and damage whilst at the same time promotes appetite and growth. This is a genuine de-toxifier, not like some of the bullshit pretenders around at the moment.
Summary: Totally safe and highly recommended for anyone on steroids, especially those on high anabolic, high androgenic gear that tends to be quite toxic. No problem.

Injectables

Deca-Durabolin (nandrolone deconate)
This is without doubt one of the most popular steroids on the market today. It's benefits? Apart from promoting size and strength and with low androgenic properties, this steroid will assist all the joints and ease the pains that can be caused by overuse. Rheumatism sufferers particularly benefit from it's use. It is, and has been one of the main additions in any contest preparation as it will not aromatize so long as there is no more than 3ml taken in any seven day period, that is at 100mg per ml. Even if it did, the water retention is very low. It can also be stacked with almost any steroid on the market, anyone! The dosages that have proved to be successful up to now are around 2ml (200mg) in one week. This can of course be taken in the many different forms that Deca comes in i.e. 25mg, 50mg, 100mg & 200mg per ml.
This is easily counterfeited and so caution should be taken when looking for the Deca. The originals can be quite expensive but worth it when found. Oil based.
Summary; Excellent - 10 out of 10! Personal favourite, no problem.

Winstrol/Stromba inj
This is also an all year round favorite. Size and strength gains can be made with Winstrol without any of the problems of water retention. This is the injectable form of the Winstrol tablets, of course, but in my opinion, the

injectable is better. No messing around with tablets and also forgetting the little buggers as well!! Perfect for contest prep and the dosage at 50mg per day is the favourite at the moment. Look for the "Zambon" variety, you can be assured of it's 100% genuinity with this type. Comes in three ampoules per box, 50mg per jab. Water based, inject slowly and deep intra-muscularly.
Summary; Ranks among the best available. Very safe indeed.

Testosterone Cypionate
This has got to be one of the most popular OIL based size and strength builders in the world today. Very high in androgens (water-retaining) and very anabolic, guaranteed gains. Nolvadex/Tamoxifen with this product is a must. The dosages used today are around 200mg - 400mg per week. No problems reported, but watch out for counterfeits. Good one on the market to watch for Testan 100. Oil based.
Summary; If you want gains fast - cypionate is a good choice.

Sustanon 250 (propionate/isocaporate/decatonate/phenylpropionate)
This is a highly anabolic steroid (works directly on the muscle) that, due to the fantastic results reported, has grown in popularity so much, it has been incredible. It is a mixture of four different testosterones and therefore each one's water retaining properties has been "diluted" if you like. Size and strength, highly anabolic yet little water, great. Again, always best to introduce the Nolvadex etc to be sure. Dosages around 250mg every 8-10 days is the norm. This stacks very well with Deca and Pronabol (as described earlier) with many gains to look forward to. Has been counterfeited but that seems to have dissipated of late. The Russians have sent over some good Sustanon recently and of course the Indian and Pakistan types are always welcome. Inject Slowly.
Summary; Perfect stacker and if used early in a pre-contest run, will keep size for as long as is possible. Take out at least 6 weeks before show. Luv it!

Testex Propionate (Propionate & enanthate combo)
Very fast acting testosterone that at the moment is enjoying genuinity, yehaaa! Look for the Leo variety, guaranteed. Preferred by many when stacking on size programs. Dosages around 250-500mg per week give good results. Oil based
Summary; A preferred favourite of many. Somewhat of a specialists addition I feel.

Testoviron Depot (aka enanthate)
This has been around as long as me. Remember using this on it's own years ago. Boom! Good gains or what! Dosages are good around 1-2 per week, I

would not bother with any more than that but many do. It certainly gives good gains and again add Nolva & Tamox etc for safety and the bra-wearing will not be a problem-ahem! Oil based.
Summary; Went off the scene for a while only to be welcomed back. Look for the Schering brand, blue stripe on box. Excellent size builder, highly anabolic.

Trigeneric
This is actually injectable Dianabol and at the moment the only real one at that. It is growing in popularity yet is sometimes difficult to obtain I have heard. Can work out quite expensive as the dosages can be as much as 4-5 per week. It is water based and so it is in and out of the system quite fast.
Summary: Good choice for stacking. Gets a bit sore around the old bum area due to the amount of jabs needed. Okay if added to a stack, say a couple of shots per week.

Primobolan Depot (methenolone depot)
This is the only steroid that can actually work on a low calorific input. It is very low in androgens and is again perfect for contest preparation. Because of it's low toxicity, Primo dosages are around 2-3 amps per week (100 mg amps preferred). I would suggest only two as this has proven the best intake for quite a few years now. This is steroid that has eluded the counterfeiters for some time and the best one to aim for is the Schering type, 100 mg per ml. I have no doubt that they will "counter" it some time in the future. I hope that they test it on themselves, and miss!.
Summary: Known worldwide and as popular. Excellent for those who prefer low toxic steroids that will actually work. Perfect choice 8 weeks before the hols, yep!

H.C.G. (Gonadotrophin/pregnyl)
This is also known as Human Chorionic Gonadotrophin, now you know where they got the term "gonads". You learn something everyday - yawn. It is often used at the end of a steroid cycle to help "kick in" the bodies own testosterone production which can shut down slightly when testosterone or it's derivatives are administered. For instance, ever felt a real aching in the old "gonads" (I have when I kept my guard down with the wife), well that is when the testes (gonads) are begging for the H.C.G. Usually after a shot, all is well and the good old "thingy" will stand up proud again, the size equivalent to a babies arm with an orange in it's hand - phew! This is a highly recommended product for all who may experience problems. Always best to keep some to one side. I would! Dosages of around 1 per week in the last two to three weeks of a cycle, say weeks 9.10 & 11 after a ten week course. Take one after the course has fin-

ished. If it were up to them, every time we had a drink of water, we would be perfect for walking over the lawn to water it! Water based.
Summary; Highly recommended especially if your normal testosterone levels are high as it is. Have some in stock guys.

Drive (Boldone Undecylcenate & Methandriol Dipropionate)
This is fairly new to the market, especially the genuine anyway. It is a product out of the Australian camp, so it is a good job that we have to hold the bottle upside down anyway. It is used in conjunction with normal steroid cycling but it comes in to it's own when used as a steroid receptor "keeper opener". Sorry about that - ahem. It prevents the steroid receptor from shutting down to early and of course allows the body to continue on with it's growing process. If the receptors shut down, well, it is just a waste of money guys. Good stuff this but high dosages are needed, around 3-5 per week but good results have been reached on less. Oil based
Summary; Very good choice for low androgenic users who wish high anabolic results. Not bad at all, getting popular more every day without doubt.

Equipoise (bolenone undecylenate)
Some say that this is only best used during competition phase, no way. They also say that it is similar to Dianabol, no way. It is very similar in it's actions to Deca. This is oil based, low androgenic, low toxic and excellent for size gains - there! A colleague uses this stuff all year round and he grows without no problem, he even comes down on it for a show, no problem. Seems to stack well with Testoviron, Sustanon as examples. Dosages around 2-3 per week can be no problem reports have it. The Aussies have sent over an excellent version called Bol D Bol H, comes in a 10ml multi-dispenser - nice one cobba!
Summary; No problem with this one. Recommended if you can obtain it.

Thiomucase injectable
This product has taken some stick over the last few years, but I do not know why, it works quite well. It actually works by helping to disperse fat and water in localised areas which makes it a good choice for the comp people again and also for those of us wishing to get rid of a little more fat on the paunch eh! It is available in cream form as well but that is easily available and therefore easily counterfeited, get it! It is widely used over the continent especially on overweight women, need I say more. The results can be quite surprising if used with a good diet. 1-2 shots locally a couple of days per week, no problem. More in some cases.
Summary; It works well but use a very fine insulin needle for localised targeting.

The descriptions given are of some of the most popular steroids and non-steroids, oral and injectable, in general use today. It is by no means all of them. It would be quite pointless to go on and cause total confusion by blowing the minds of everyone by just explaining what all of them can do. Many of the books that have been available recently have done this and in my opinion it is just page filling. What they are doing is just totally confusing everybody with mass choice. Even though they SAY that they are not condoning the use of steroids (which is just a load of bollocks to start with) they are making the problem worse by introducing so many choices. The same principle applies if you would place a kid in a toy factory and say, "pick one dear". Same thing with us adults. We all want to be big or ripped, or for some of 'em big and ripped, but faced with so much bullshit we do not know our arse from our elbow! Result; we buy the damn lot and THEN we get problems. See my point!

Look. The steroids that have been described to you are the ones in use today. It is easy to find out what will suit you, ask yourself! Do you want size quickly? Then use the high anabolic, high androgenic gear. You may get water retention but if you follow the instructions i.e. use Nolvadex e.t.c. you will be more than okay. Also, do not exceed the stated dosages and you will again experience little or no side effects. If you wish slower gains with minimum water retention and low toxicity, then go for a couple of low androgenic gears, no problem. The normal practice is to combine the two, or three as in the suggested stack earlier. The choice is yours and remember, you have only to ask and I will help as best I can. No problemo!

If you are frightened of injections, then there are some excellent orals on the market. You will have no problems with them so long as you take all the necessary precautions. It is true, injections are slightly better for you as they are not as hard on the liver, but if you go for the extremely toxic orals AND abuse them, what do you expect! I prefer a combination of the two and that goes for most people. Again, ask!

Counterfeits

I am not going to waste much time on this at all. Why? I can tell you what has been counterfeited at the time of publication and believe it or not, they will change them again. Makes sense yeah? The only way to combat this is to offer help personally. I can advise you up to date run-downs of the types to watch for, I will also freely advise on tricks of the trade no problem. If I get one problem with any counterfeiter from anywhere in this country, then that will be

their problem. Publicity can be a very powerful thing and just think about all of the people you guys have done over the years, fancy a knock on your door from a couple of thousand very angry and yet quite big people. Tee hee! You guys can keep on with your counterfeiting as far as I am concerned, just keep the crap stuff from under my nose me old cock sparras.

I will tell you this though, there are what we call generic copies and some of them are as good as the real thing. In some cases better! I wish to make it known that there are some excellent generic Deca's around which were thought to be total crap at one time, but I have seen some of the best gains made on such things. These are produced under strict conditions and have proven themselves on many a staged competition. Remember this, the counterfeiter is out to make a quick buck, unfortunately they are doing it to their own. I would even wonder that they are one of OUR OWN to start with, it is a sad day for bodybuilding. If we had the unity we could do much better, without doubt! Ah well.

Summary finale

The advice and information that is given in this book is designed to help the individual choose his/her own path, it is in no way meant to mislead or misinform the reader, the choice is yours all the way baby. I have attempted to explain in basic terms, the up to date, no bullshit approach that must be taken in todays world of bodybuilding. My articles in the NO BULL magazine each month give testimony to that. I believe that you the reader should be told what is what, any other way is just asking for a kick in the pants. Many of you ask the questions but are not given the answers that you seek. Do you think that in itself is not dangerous. There are those who would wish to stop all aspects of bodybuilding, period. They do not understand, we do simply because we are involved in the sport daily and we treat all training aspects with respect, we train with a passion. If you do not then you had best take up something less taxing. I personally am involved in this sport almost 24 hours a day, I require very little sleep. I receive anything from 100 calls per day from people who wish to ask questions on not only steroid therapy but the simple basics. I am constantly trying to improve not only myself, but the sport in general, for many reasons.

You see I have been there. Competed with success, coached with even greater success, been ripped off, taken too much gear, taken to little (hee hee), studied, qualified and even cried about the bloody sport, many times. I have been through all that you can imagine. It is from the heart that I write this book and not like the bullshit, load of bollocks publications that I have seen of late.

Prove me wrong!

Let me tell you of one recent occurrence, one of which I would ask for your help. I need your support in order that I can help YOU! As I have said earlier, I am the Chief Correspondent to Britains leading bodybuilding magazine, BODY-BUILDING MONTHLY, a magazine that I have been with now for quite a few years. I love the damn thing, as do all of the other people involved. In the July issue of 1993, my editor and myself came up with the idea that because of all the letters that I **h**ave been receiving over the years it would be a great chance to give the readers something that they have been asking for years, a help line if you like. We did it and **"The NO BULL COLECTION"** was born. It was a tremendous success. I had wanted to do something like it for years and now it had come to pass, thanks to my editor who showed great courage. Within a few weeks we had one complaint, two tops, and they had been planted I firmly believe by someone in opposition to the mag. Pricks! Subsequently, W.H. Smiths and their associates threatened us with non-distribution of the mag if the article were not pulled out. That is Big Brother tactics that really pisses me off - period!

You the reader had already appreciated my honesty, wanted the truth and was getting it, no bull, how it should be. They now want us to stop it. I DON'T! I wanted to expose the companies that are ripping us of, the supplement sharks that dish out nothing but rubbish, you pay for that rubbish - why should ya? I also feel that there was a little influence there also, se la vie'. I would ask you if you prefer the truth? I think so too! You can help me kick the arses of these mothers. Please write to me at my home address which is featured in Bodybuilding Monthly and also MuscleMag International. Your thoughts would be much appreciated as this is a very important issue which should be dealt with. I would also like to announce my own publication in the near future, please look out for it, it will be quite controversial I can tell you - Phew! You will be able to obtain this at the place at which you purchased this book or direct from me - no problem.

Finally - honest. With regards to the training aspects involved with steroid therapy, it would be totally stupid of me to put a workout in this book and then say to you all, "this workout will guarantee results". NOT! It is pointless to put one down I feel for many reasons. Being in the coaching game for so long, I know what will work, but this has to be individualised and no other way.

One reader could be 20 stone, another 10, so why do other similar publications say that their particular system will work. MINE DOES! What I will do is invite

all of you to write to me or telephone at your leisure where I would be more than happy to give advise over the phone quite freely and answer any questions that you may wish to know. Not many can say that eh! I do know my carrots let me tell you. You are quite welcome.
I do hope that you have learned something with this book and you will also appreciate the fact that there was and is no need to add totally irrelevant material i.e. listings of explanations that mean totally zilch to anyone new to the sport, the fact that you can call will wipe out all need for that. Please watch out for more publications which I have coming out soon, believe me they will not be of the old ways. You know me - ahem. Take good care and make sure that you be careful out there. TRAIN HARD & BE STRONG!

Mick Hart

The End - or is it the beginning of a beautiful friendship? - Who knows?

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Chapter 1

The Public View

The last few years has been quite a tester for we bodybuilders, I think that you would agree. I also think that we can safely say that we have been alienated, cast out and shoved so far underground now, that I do not think that we can go much further. The public opinion (which we will refer to as "Joe" throughout the mag - nice eh?) is basically that ALL steroids will kill you or at least make you so aggressive that you will at sometime uncontrollably beat the wife up or at least end up killing or abusing someone or something SOMEWHERE along the line. This they have had firmly embedded into their tiny minds by the media.

Any violent crime, whether it be murder, rape or even burglary, is attributed to the use of steroids. Most of the dozy twats that get caught in the first place do not even know what a steroid is never mind what it does. But alas, it seems that this is the norm, the way to draw sympathy from the judge; sadly, even they do not know what the hell steroids do and so tar us with the same brush as used in the use of harder drugs such as heroin, crack, ecstasy etc. This is very sad indeed.

The media, in their search for a story, do not care to look into the facts that surround the use of steroids. No one said that they were TOTALLY safe, but we do know for a fact that they are not physically addictive and we would welcome the comparisons between them and hard drugs. I suppose that the addiction that we do derive from their use is psychological in some ways, just the same way as there are people who are addicted to keeping fit. They cannot help doing what they are doing, they have just got to do it - they enjoy keeping fit.

From a personal point of view, I have weighed up both the fors and againsts of the use of steroids and looked at them at length. My conclusion was simple; I did not want to waste ANY more time in training natural, this took to long. As for side effects, I have not robbed or mugged anyone and as for grievous bodily harm, well, only those who deserved it , eh officer?

You see, books such as this one are looked on as, well, boosters to the industry - bollocks! What it does is tell it as it is, from the hip if you like - and so it should be. This book will not be on the shelves of W.H. Smiths, if is ever is, I will show my arse in the Co-op window with pleasure, simply because the film rights to see my anal passage, will pay for the fine - nice giggle here please.

Ever tried going to your doctor and asking what his or her views are on steroids? Ever got an answer other than, "They will kill you and you will go bald, lose your prick and the missus at the same time", or something like it. Ever wondered why the doctor's suicide rate is so high - hmnnn, let me think. Could it be that most of them really work to many hours and have not got the time to read up on this sort of thing and be able to give a really honest answer to their patient instead of sticking their heads in the sand. Could it be that they read to many newspapers and watch stupid fucking programs that have been so badly, let's say sarcastically, planned, that they themselves are brainwashed into absolutely anything. It really gets up my anal passage - it does says me!

At the time of writing this piece of literary genius, the mad cow disease-beef scare was at it's peek. Now then, no one knew their arse from their elbow on this one - they still don't, yet in order to please everyone, the answer is to kill, literally, every poor bloody cow in Britain. Same goes for steroid usage. It has been around for years and years, never bothered anyone before, then someone came along and blamed one incident on some mad arsed psycho and we all get the boot up our arses. When will they come out of the closet and say, "OK, that is it. We will prove it once and for all and show people that steroids DO harm every user". They won't simply because most of them just do not give a fuck - period! Yet they should, we want them to.

Due to ignorant public opinion and the need to try and "clean up" the sport, many of the once loyal bodybuilding publications have now turned on their own and are now screaming at the top of their voices that steroids and steroid users should be erradicated from the sport. These are people who have, with their own successes, made the magazines what they are today. What a turn around eh? Where is the loyalty in that. OK, some laws in some countries prevent such publication of certain material, yet they still find a way around it in order to pull in revenue from it use. Totally and absolutely a load of bollocks if you ask me. I can say that the NO BULL COLLECTION magazine is proud to hold it's head up high and say, "Tough, we write what we write - read it and weep". Pride is an understatement.

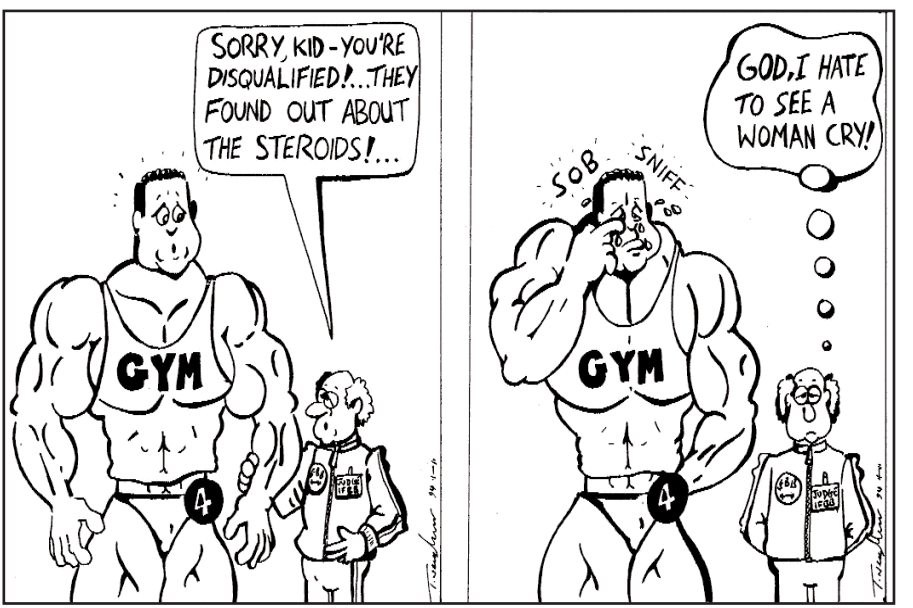
I just cannot figure it out. Why don't the powerful magazines and unions help to put the public right, explain that steroids used and not abused are not as harmful as they are led to be believed. By educating we could make it a lot safer; maybe bring on a few doctors that would give regular blood tests and assist that way. Bodybuilders would not mind being registered then, if they thought that they could get assistance of some kind. Playing this game in the dark is hard enough and without someone to give a guiding light, anything can happen - and does.

You know how all this started don't you? Well, it was all down to the point of morals. Most think it as cheating and I cannot blame anyone for that. Personally, I put it down to not wanting to wait about. Shit, life is to short and looking at the champions that have been portrayed in the mags for years and to be told (mainly by themselves) that they have never touched the stuff, is one big joke. They haven't hung about, they wanted to win, I want to be big - sod the moralistic bastards is what I say.

Same goes for the Olympic athletes. Everyone now thinks that these people are whiter than white now that a few have been caught - another giggle eh people. I can tell you that this is one big joke. I was on TV some time ago and was interviewed by a woman from the BBC - I quite enjoyed it to be honest. I was on with several people, one of which was Adrian Moorhouse, a former Gold medalist swimmer - a nice guy. A question was asked to him by the lady on his opinion of how many athletes did he think was on the gear. His answer was about 5% in his view. I burst out laughing and said - bollocks to that mate. The studio floor manager, after having a mild heart attack, shouted CUT and came up to me and asked if I could wait until he had given his answer, THEN I could give mine. He

also asked if I could be a little less specific. I agreed and waited to hear Adrian's reply again. This time he said 5-10% of athlete's (in his opinion) used steroids, I said bollocks again and there was a very loud CUT - yet again! I did not blame the guy, but I was looking around for someone bleeding to death by now.

Adrian Moorhouse had no idea as to how many of his fellow athletes were on the gear - I did though. As for the American lady expert who was sitting to my right, giving her "neutral" views on the subject, I was unsure about her. As we came out of the studio and began to walk down the labyrinth of corridors, she pulled a pack of Clenbuterol out of her pocket and asked,
"Mick, is this type OK for dieting as I have to get a few pounds off for the Summer?".
I laughed, thought my knickers would never dry out! Adrian and the presenter looked on in astonishment as I popped a couple into my mouth and said,
"Hmnnn, I believe they are - cough!".
In summary, I feel that EVERYONE needs educating about the use of steroids. Many seem to know what happens when hard drugs are taken, most have not got a jack-shit idea as to what a steroid does ne'er mind what it is.



Chapter 2

Side Effects - V - Us

One of the main reasons for much of "Joe's" misinformed understanding of the steroid scene, is the facts, true or false, about side effects. Without really going into it at any length, the general public tend to believe what is said in the national papers or by TV coverage - know one expects ANY difference. What we want Joe to realize is that WE CAN control most of the side effects with no real problem. OK, to say that things can get confusing is an understatement, especially when proven side-effect solutions are questioned after being well tested in the field of battle. My point is that many think that by altering a few ideas, people will listen - and they do, that's why many stray from the right path and wish they hadn't.

There is no doubt whatsoever, that steroids can give side effects, some quite awkward to say the least, but most of these are blown up out of proportion SO MUCH that it gets pathetic. Well OK, I am not going to hide any of the possible dangers from steroids - no way - what I am going to do is tell you ALL of them. I am also going to tell you of a few that have somehow risen from the ashes, or should I say asses, somewhere in the world of the do-gooder-type-gottaletyouknow heroes. Basically, if they cannot frighten the shit out of you in one way, they will by making the rest up. I want you to decide what is sensible and what is total bullshit. I know from personal experience that steroids have given me side effects in the past, did I sort 'em - you bet I did. The new frock and bra set looks a doozy!?

Here is a LARGE list of some of the problems that we bodybuilders have to *supposedly* suffer in order to develop that perfect physique. As I have stated later on in this chapter, I want you to understand one thing. In this book I am telling you about all the benefits of steroid use and also the naughty bits too. BUT, remember, IF you experience only a third of the side effects featured here then for fucks sake don’t even think about taking a job as a safety inspector because I would not want to work for ya - not a spunking snowballs chance in hell! Anyway, here are the possibilites and Gord Bless ya!

1. **Hair Loss**
   The male balding pattern occurs also in women. For them, it is known to be irreversable - they say.

2. **Head**
   Headaches that can be both frequent and continuous.

3. **Eyes**
   Yellow staining.

4. **Breath**
   Bad breath (what else did you expect!)

5. **Chest**
   Breast development in males. Tissue surrounding the nipple becomes swollen and sore.

6. **Liver**
   Liver tumors. Liver disease (jaundice). Complete liver failure may result.

7. **Abdomen**
   Abdominal and stomach pains with possible hemorrhaging. Nausea, vomiting and diarrhea.

8. **Prostrate**
   Enlargement

9. **Skin**
   Yellowing of the skin. Acne. Redspots and rashes over the entire body. Stretch marks.

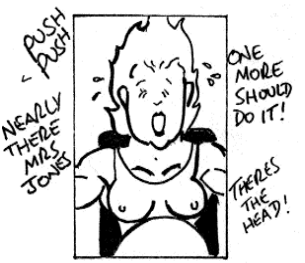
10. **Muscles/Tendons/Ligaments**
    Increased risk of injury to all of these areas. Long periods of recovery from injuries sustained during training.
    Increased risk of cramps.

11. **Ankles / Knees**
    Increased swelling of these areas due to the extra weight on them.

12. **Brain**
Violent behavioral changes, aggression, irritability, rage, paranoia. Increased tiredness, fatigue, insomnia, personality changes.

13. **Face**
Becomes bloated and puffy due to increased water retention. Women can suffer increased hair growth here.

14. **Tongue**
This can get sore!



15. **Voice**
In women, this can lead to a more deep er and hoarse tone.

16. **Heart**
Increased risk of heart disease, strokes and death. Increase in cholesterol and blood pressure.

Shut it you piss-taking bastards! It's only a roid gut!

17. **Stomach**
Bloating, nausea, vomiting plus that of blood.

18. **Kidneys**
Kidney stones, failure and disease.

19. **Bladder**
Pain in this area with a frequent urge to syphon the python.

20. **Genitals**
Shrunken nuts! Impotence, sterility. Frequent and painful erections. Women have changes in their menstrual cycle with increased clitoral size. Infertility.

21 **Injection sights**
If not cleaned properly, these areas can become infected and swollen with the risk of abcesses from non-sterile needles. Blood

poisoning. Where possible, try and use a medi-swab as shown below. They can be obtained free from your local drug clinic.

22. **Bones**
Can become brittle and break more easily. Loss of potential height due to premature closure of bone ends.

Let's face it people, we don't stand a fucking cat in hell's chance, now do we, looking at all these problems that we could have - well, potentially. Now then, ask yourself quite honestly, have you had ALL of these? If you have you are a liar or writing from the grave. What should be said is that these are the potential dangers that a person could suffer. OK, I know that the aim is to scare the living daylights out of us and in some cases it works, but I think that looking at it in a more realistic way is the answer.

The one that beats the shit outta me is the sore tongue side effect; this is totally new to me. The only time that I got a sore tongue was..... ah well, forget that one - life is to short, especially when I would have to sleep with one eye open at night especially when owning a collection of swords - ahem! The only other answer, is that this type of side effect could come from the bodybuilder that possibly needed to win that little bit more or the bodybuilder who wanted to be a judge! Licking arses seems to be the normal procedure nowadays, maybe that's where the side effect originated from? Who knows?

Remember this.....
Ever had the problem of hay fever? Ever wondered at what would happen if you took to much general relief remedies such as Piriton, Phenergan or even Triludan? Then let me enlighten you a little. Well to start with you should not drive as the possibility of losing concentration and becoming drowsy is quite likely. I will carry on then make my point.

Here are a few of the other side effects that you could get using a day to day hay fever remedy:

* **Fits / fainting and/or palpitations (pounding heart)**
* **Unexpected swelling**
* **Tight chest or wheezing**
* **Stomach upset & constipation**
* **Headaches or dizziness**
* **Disturbed sleep patterns or nightmares**
* **Hair loss**
* **Rashes or sunlight sensitivity**
* **Depression or confusion & drowsiness**
* **Jaundice or liver problems & retention of urine**
* **Menstrual problems**
* **Aches and pains/pins and needles**
* **Sweating/trembling**
* **Sight disturbances**
* **Light sensitivity**

Now then, this is quite possibly NOT the end of the problems or the side effects that this everyday pharmaceutical wonder could do for you. The company from which the example was taken from, say that you could also have further problems depending on the type of person that you are.

Hmnnn, now where have I heard that one before eh? Anyway, the point is will you match the side effects of this product that is designed to assist us in combatting a problem that many of us encounter many months out of the year, with those of the steroids that we bodybuilders use MOST days of the year! Now then, where do we draw the line and say enough bullshit has been passed around thankyou?

You want more?
No one said that it would be an easy ride, I for one know that most steroid users will suffer some kind of side effect at some time. The trick is to found out what works for you and what doesn't. For instance, if a certain steroid or derivative, gives you depression - get off it - period. There is no use whatsoever sticking to it and handling the situation. Remember, If it don't work - don't use it! Why be lower than a snake's arse when there is no need. But there you have it - the list. I ask you though, before we go onto the next chapter, have you ever looked at the amount of side effects that general over the counter products can give you?

What about the good old Asprin used for mildy painful conditions etc. Here are a few nice little bits for you to ponder on:

*** Heartburn**
*** Dyspepsia**
*** Gastric discomfort**
*** Vomiting**
*** Stomach ulceration / bleeding & erosion**
*** Nausea**
*** Can also interfere with drugs used to control Diabetes**
*** Liver disease**
*** In pregnacy, has been found to lower infants birth rate & more likely to die at birth.**

Basically, giving steroids a bit ot a break here, we can argue the point over a few other things too! I think this is a case of live and let live. Again I say, I rest my case.

Chapter 3

Using & Abusing

The only way to combat all steroid side effects, in effect, is to stop using them altogether - that makes sense I suppose. The problem is that most of us quite like using them simply because they are a short cut, a way of cutting out the boring possibility of maybe ten years of natural training, just to see if we would really grow without the gear. Sorry mates, no a furking prayer. I trained so natural at one time, I was near arrested for indecency, well sort of. I just could not wait around any longer, I needed to get it on and I am glad I did, as most are.

You see there was a difference, a reason why I wanted to use the gear and that was to enhance my training, build my physique and enjoy the benefits that it could bring - it did. Now the other option was that I could have come off at any time. Steriods are not addictive, so were was the worry. I knew that if I sought the right advice, I would be OK, I was sure of that. Sadly, it was not there and I had to find out for myself, in many different ways that you could not imagine. Oh shit, and er, having a lot of chemists and bio-chemists as friends helped a tad too - ahem!

Many people ask how come we know so much about dosages and the like. Easy really, after gaining the knowledge of what a basic, standard dosage should be for the product and what it should be used for, self experimentation is the only way forward after that. Most bodybuilders know what works for them and what doesn't, those that don't follow the lead - this is fact and the way of life.

We can look at the dosage for Sustanon for instance. It could really be taken once every two weeks in

reality, and for tissue rebuilding which it was designed for originally, that is the case. For bodybuilding, the same applies, but we need more in the line of tissue additions than replacing or rebuilding in many ways. When looking at the safe dosages that should be taken, it is easy to understand why many of the more sensible and let's say, professional bodybuilders and athletes do not get many problems, this is because they should be working within a SWL or 'safe working load'. Most cranes, their ropes and cables, will say that they can lift loads of up to, for instance, 5 tonnes, this will be it's SWL, yet it may be capable of three times that. There is no need whatsoever in going over that SWL. If you do, and it is just a little bit, there will be no problems. When it is exceeded, then what the hell do you expect - problems are gonna come me old cock sparras! If you stick to the dosages that experienced bodybuilders suggest you should have no real problems. If you do, then BEFORE the problem gets worse HEED the advice given again and use something totally different and reduce or eliminate the problem - period! Let's look at the list of side effects that you have just read and analyse them individually. I am not going to hide them, just look a little more closely into what they actually are.

HAIR LOSS

Okay, we know it has been known for some bodybuilders to experience a little hair loss here and there. But once the particular steroid has been isolated, it can be avoided. A steroid that gives one guy a problem, may not be likely to give another the same shit. Primo and Winstrol have been known to do this for a few people but after changing to another and even going back onto the same ones for another try, the problem receded - get it - receed, oh bollocks then. Women have been known to have some hair loss, I think! Sorry people, but I just don't know anyone personally who has though!? What more can I say. But if there is someone out there that has had a problem, sorry I missed you out - don't get angry with me - keep yer 'air on!

HEAD PROBLEMS

Well, can't argue with the odd headache now and then. This has been due to the blood pressure rising slightly. Easily remedied by easing off the training for a day or cutting back on the dosage slightly. Another way is to try lower androgenic gear. Headaches can be caused by the slight increase in blood pressure due to the body retaining more water. Ease back or ease off! The trouble with this problem or side effect is that many people get headaches and even if it wasn't the gear, it would be blamed. A simple asprin (or two) will thin the blood suffiently to lower the blood

pressure and help to remove the headache. Although asprin has it's own side effect problems, it is now known that the first treatment that can be administered BEFORE the doctor (hopefully) gets to you, is to take a couple of asprin. This acts as a de-coagulant and reduces the pressure almost immediately.

EYES

Yellow staining! I have only ever known two people ever to have problems. One was a world champion powerlifter. The dosages that he took would amaze scientists! He was an abuser with a capital A. I would say that he was at least 10 times over what he should have been on. If he had, he would have had no real problems. Do you know of many bodybuilders/athletes taking steroids that have YELLOW eyes? By the way, the other was a vampire!

BAD BREATH

Don't you think that this one is an easy one to combat? Brush yer bloody teeth for God's sake! After seeing this side effect on a list somewhere, I thought that they must be making some of this shit up to fill a page. I HAVE NEVER known a bodybuilder complain about this one. What they might have gotten mixed up is, for instance, when someone is getting closer to a contest, say a couple of days, he restricts his water level sometimes; mouth gets dry, dare not use tooth paste ..... get it? The person who thought this one up must have been to a show, talked to a couple of dry mouthed dragon breathed 'builders and thought "this one will confuse 'em!"

CHEST

No one can argue with this one. Steroids can cause Gynecomastia (bitch tits) and so therefore Nolvadex IS recommended as an aid to prevent this problem. NOLVADEX is THE main defence against "bitch tits". Always has been and in my eyes, always will be. For most, who have taken the anti-oestrogen defender on a regular basis from the beginning of their

courses, they have not experienced much in the way of the "bitch". Prevention is better than a cure any day. However, if you have a couple of problems sticking out of your chest and nipples like chapel coat hangers that would make Pamela Anderson jealous, taking Nolvadex will not do much good - the surgeons knife is the only way out here. So remember when the arsehole tells you that you do not need any Nolvadex (maybe 'cos he can't get any), think on, you could be more popular than you think - especially in a dress!

LIVER

I must say that almost anything can damage the liver, so why do steroids all of a sudden cause more damage than anything else. Booze alone can make it look like a shagged sponge and yet I can see no ban on alcohol of late - can you? No one with any sense would disagree that steroids, alcohol OR indeed anything else taken in excessively could not cause damage to the liver. Think about this one; if you were to take an overdose of paracetamol, say a dozen or two, then take the same amount in Testosterone for instance, in the first one you would die - period, in the second you may not get the horn for a few days and your balls would shrink temporarily. Different eh?

ABDOMEN

Personally I don't have any problems related to the abdomen, except for an near uncontrollable urge to stick it on a female, but the fear and threat of instant death cured me no end! Steroids can cause gas problems, indigestion, in some cases, but I speak mainly from a personal point of view here. It is important to note that again, people have different problems with different steroids and can deal with them accordingly.

I know that SUSTANON is a great builder for me personally, but if I stack it with certain types (personally), I tend to get bad indigestion. I thought that with a problem such as wind - I ought to buy a kite. Actually, it is a nice, big and green with ..... ahem - I digress!

As for the nausea, vomiting and diarrea, nope, not with me it didn't, oh yes it did, I remember. It took a heavily raisined hot vindaloo curry and plenty of lagers to sort that one out. The local council exiled me and my friends - bless 'em all.....

PROSTRATE

This can become infected even without steroids being used and is one of the main problems that men suffer from in later years. How many times have you gone into hospital and looked over to the the older guys lying

there with the dark orange bag on the side of the bed? Loadsatimes!! No you do not tap it and unwrap it - twat!
Infections can be caught in many ways and I suppose that steroids are bound to get picked out for that one. It is true, however, that steroids do make you piss pass water a lot, (I chose "pass" over "piss" - vulgarity, not here?), but is is also true that bodybuilders drink lot's of coffee and take cart loads of vitamin C! Now do you get it! It can be misconstrued. Both coffee and vitamin C will make you dribble better than Newcastle United's new footballer, Shear, Sheere, Sheeer, er, George Best!

SKIN

Now with steroids the skin can get a few problems. As for the yellowing, well that can be jaundice and can be caused by any blood disorder - steroids would be blamed again anyway. The main problem that we can come up against is acne. This is caused by the body trying to reject the steroid and causing a build up of bacteria against the skin.
The best way to combat such a problem is to scrub the body (especially area) about twice per day and use an anti-bacterial soap/scrub. This works well. Working from the inside out, try taking more vitamin C than you would ordinarily do - say 4 or 5 grams at least. This will help to wash the system out. Drink plenty of water with real lemon juice in. Lemon cuts thorugh grease (and it can be kind to your hands - or is that Fairy?). Stretch marks? Well, what do you expect - you have to grow. The trouble is that we grow at a faster rate than normal people (wimps) and it is to be expected. To combat, use plenty of body oils to allow the skin to stretch that bit better. It is due to the lack of elasticity of the skin that little tears appear - especially under the armpits. Jeeez, it was a sod when my willy started to grow bigger and bigger! I could not wash it fast enough in oil!

MUSCLES / TENDONS / LIGAMENTS

So let's say you don't take the gear for one moment. Does this mean that you are not going to get injured or have an attack of cramp? Of course not. How the bloody hell can anyone say that there would be long periods of recovery - that's what they do HELP RECOVERY! This really pisses me off (or passes if you read earlier). We are lifting weight for God's sake, we are bound to pull a muscle from time to time. So does every other CLEAN athlete on the British Team - NOT!

ANKLES / KNEES

Simple again! Now take a deep breath in please .....
Is it so, that if you don't use the gear and ARE still a fat bastard AND the

fact that you have legs like tree trunks and the extra weight flattens your feet out like plates when you walk - is it not down to the fact that you ARE a fat bastard - period, and it has got nothing to do with the steroids whatsoever but we will blame them anyway. Breathe out now..... End!

BRAIN

It is true that in many cases a rush of testosterone can indeed get the hairs standing up on the back of your neck. The same thing goes for the women during a menstrual cycle, estrogen in their case, but the principle is still the same. Have you guys got a woman who, when just before her period, wants to rip off your head for leaving the hairs in the sink after a shave? What about an even worse scenario where you say that you love her maybe six or seven times and she has suddenly GONE DEAF! Now that is scary. There is no reasoning with her - you are a dead man; destined to sleep the rest of the night with your nuts in your hand, scared shitless in case she wants to remove your own testosterone levels from your body! Brrrrrrrrr.

No one, even I, will deny that steroids can make you aggressive at times. BUT, it is this control factor that has to be understood. I have said it many times and will again that if you are psychologically brain fucked anyway and can even get mad at the Sunday morning milkman for not saying mornin' then you had better steer clear of steroids. Most of the people I know have had no real problems with the gear and the aggressive factors. Those who have had them realized and sorted the problem straightaway. The people that cannot handle the increase are those who simply do not train; i.e. the super raver. Most of the brain fucked tab heads don't know jack shit what they are taking anyway, so who gives a fuck. They think that you pop a few and BOOM instant muscle. We wish!!

FACE

To much high androgenic gear, to fast, no Nolvadex and yep, the face can get bloated no doubt. The trick here is take in knowledge and listen. Stop being a cocky arse and listen to people who know. No problems will occur.

TONGUE

This one made me giggle. Who has a sore tongue on the steroids? C'mon who? The only time I knew of a guy who had a sore tongue was when he was preparing a jab and put the needle in his mouth (till he pulled his keks down) but the wrong way. After the incident, he thalked

thike that and his tongue put on about 3lbs of pure muscle - ISH! Tongue sore? Tongue excuse? Tongue MY ARSE!! Eh? Pardon!

VOICE

Men not affected very much here. But the women can start to speak lower than a whales arse. No denying it. To much gear and the Captain Scarlett impressions come out. (Say it this way and you know what I mean, " This is the voice of the Misterons....". You know, the deep voiced bloke? Aw fuck off then!)

HEART

The statement said that there would be an increase in heart disease, strokes and death. An increase in cholesterol and blood pressure. Now that covers about everything that can happen to the heart. The steroid information listing that most of these symptoms and problems where taken from was an information sheet/booklet written by people who would be blown away with the simplest level of knowledge. Think about this; what other problems, products, foods, situations, stresses, minerals, aliens (?) can cause problems with the heart? List them all and then we will add steroids to the end of the list. There will be a test when we have finished - in a few years time!!

STOMACH

Except for indigestion, I personally have had no problems with bloating, nausea OR vomiting blood nor do I know of anyone else who has. It really is like looking at a car and saying what could happen but never does. I can say that anything can happen in extreme cases though. This is obvious.

KIDNEYS

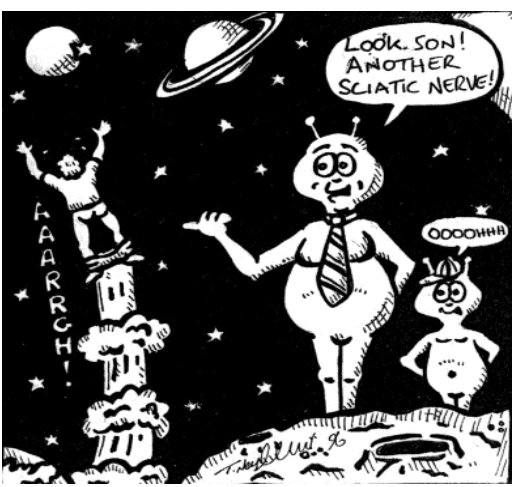
Kidney stones, failure and disease. Nope sorry. I do not know of anyone

who has had serious problems. I do know of many people who have had kidney strain through taking FAR to many heavy duty orals after they have been told to ease off and put in the safety factors such as vitamin C, zinc and primrose oil. Those who do not risk certain problems I agree.

BLADDER
Being able to fill a pint pot in one great push is possible but that does not mean to say there is a problem with the bladder. A serious test to see if the Prostrate is working OK, is to see how far you can arc your water. This can be done on the back yard or in the street. The end result in either case is that if the arc is about 2-3 feet, everything is OK. If tested in the street and the results are the same good, except for the £50 fine that follows.

GENITALS
The testicles can shrink - no doubt, but this is due to the fact that you are putting in to your body EXTRA testosterone than is needed - how else do you grow so fast. The fact that it shrinks them CAN be true, but this can be remedied by the injecting of HCG which will bring them back to normal; in most cases almost immediately.
Again, if to much gear is used, getting a hard will be harder. After trials you will find what works for you best and the steroids that can cause a problem in the wedding tackle department can be avoided. The problem here is that each steroid effects people in many different ways, especially in this department. It depends on how much bottle you have to start with I believe.

INJECTION SIGHTS
This is pure common sense and to get it wrong is down to you and you alone. Using needles via someone elses arse is asking for trouble. Not cleaning the injection sight properly is downright pathetic and the major cause of many an abcess.



BONES
Any youngster still in the major growing process

should avoid steroids period. This is because taking them whilst going through this natural growing stage can cause problems with the growth factor. There is no need for the kids to touch them at all at this time because there is an abundance of natural test flowing so fast and will induce growth very quickly. As for the bones becoming brittle, NOPE, I do not know of anyone PERSONALLY who has broken into bits - sorry. The mass use of Growth Hormone (and I mean MASS) is believed to rob the body of calcium which has been know to happen. This was combatted by the induction of extra calcium into the diet via extra food or supplementary means.

Please note:
When I say that I do not know of a problem personally, I do not mean from few guys down at the local drinking hole. My *personally* comes from a customer, friend, professional and amateur following/database of many, MANY THOUSANDS of bodybuilders! Wanna know something else, I know most of them *personally* too! Eat your heart out Mr. Memory Man!

Chapter 4

To Much - To Little

I was having a chat on the phone with one of my readers the other day and we were discussing the great NBC magazine in general and I asked him his opinion of it. He said that he enjoyed every issue personally, but a couple of his friends had said it was absolute crap! I asked him as to their reasons for not liking the mag. His reply was that they had said that the stacks featured in the mag occasionally were inadequate, to be more precise; "..... amounts for pussies" was their actual answer. Well, that's silly to start with, I don't advise any cats on steroids!
I then asked him to describe the physical appearance of the two very descriptive mother fucking arse wipes to me.
"Why?", was his reply.
"I need to know", said I.
He told me that they were big strong guys but carrying a lot of fat and holding quite a bit of water. Hmnnn, thought as much, mobile water carriers! Now here is my answer to their opinion.

I have the greatest respect for any other people's opinion, (ish) but I also have the right to react accordingly to those points given against mine. The stacks featured in the NO BULL COLLECTION magazines are deliberately set at a sensible rate because I have told this so many times in the past but this time, I will put it a little louder:

ONCE YOU PUT IT IN - YOU CANNOT GET IT OUT!!

Clear enough!

These people (and their like) call themselves bodybuilders and yet find it extremely difficult to distinguish between being FAT and being FIT. Oh, no doubt they train, but that training will be the chest and arms variety, say four or five times per week. Leg workouts would not be needed for these type of people because very rarely do they take their trousers or track suit bottoms off in the changing rooms to show off their massively feathered quads; because most of them won't have them!!

Plus they are usually the type who appear in the gym with all the designer training tackle on and don't even live up to the standard in the first place!

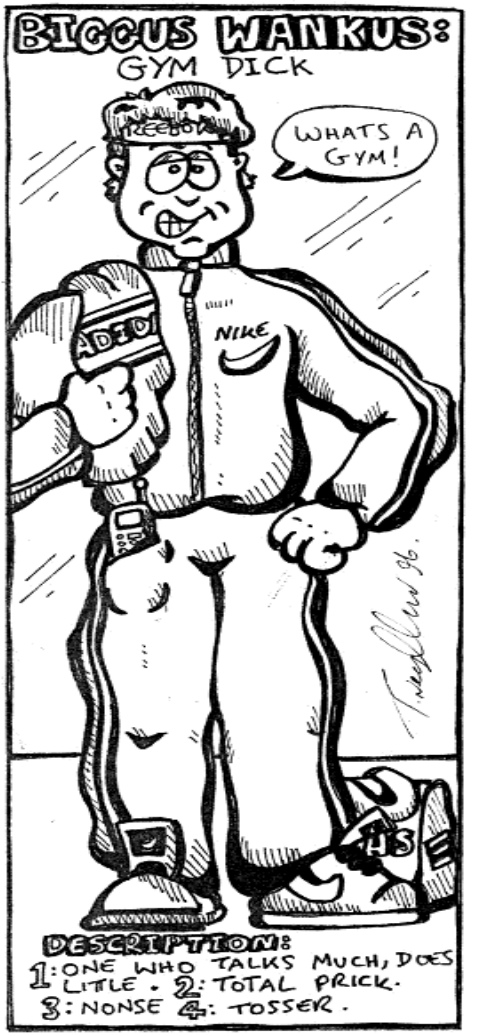
Now then in the sexual department. Why is it that most of their women complain that they are sexually inadequate? Simple really, they do struggle quite a lot to get it on because.....

THEY TAKE TO MUCH GEAR!

More explanations. These people think that bodybuilding should be about eating more than anyone else, lifting more weight than they can manage properly, making more noise than need be and basically intimidating everybody else in the gym all because.....

THEY TAKE TO MUCH GEAR!

There's more. It is not a case of the more that you take the bigger you will get. Taking steroids helps you to get bigger and stronger, this is without doubt, but 90% of the success is down to the training, diet and rest, this is what it has always been. It is also a case of getting all of this to come together at one time to achieve the results that you are wanting. The point is that if you are the type that will disregard the important factors of diet/nutrition and rest in favor of the ever increasing amounts of steroids that YOU THINK will make you bigger and better than before, then you are on a hiding to absolute nothing.



Bodybuilding is getting a kick in the balls all to often of late for my liking and these type of people do not get classed in the category of "body-builder" in my opinion. Most of them do not read a magazine for long anyway and to say that the stacks are "not enough" is a pathetic attempt at an opinion - period! The main reason for all this is simplicity itself:

THEY TAKE TO MUCH GEAR!

Starting out at a steadier pace is the most important first step into taking the gear. You must first listen to those around you who have your best interests at heart. If they are not sure, they will seek out and find the answers for you. Safety can be kept to a maximum throughout your use of the gear, this is all important at all times. The danger arises when you have a couple of dick brains who are the life and soul of the gym (not) who advocate " as much as possible in the shortest time" steroid training. You must, AT ALL COSTS, try to avoid these type of people. They are your greatest danger and certainly NOT an asset.

It is best to look at a system / cycle layout over say one year. Doing it this way will allow different stacks, varied steroids and ever increasing safety checks throughout the courses. You will also find out what does suit and what doesn't. Are the higher androgenic gears better for you? Are injections acceptable or do orals give you problems - vice versa? Do you blow up with water? How to combat it and avoid it in the future. What lay off periods are best for you, long or short? Do long periods on the gear work best for you or will the shorter ones not close the receptor sites down as quick? If so, how to avoid it and continue on. There are so many reasons as to why you should be continually monitoring your safety and progress throughout the stacks that you choose. All of these things should be taken into consideration before, during and after the cycles.

Trying to look like the local heavy is not the way to go. Surely you have your own idea as to what size you want to be? This should be aimed at in a series of goal-settings, say three and six monthly periods onto the final one year. Getting to these time periods safely is all important and then you can see what gains you have made, allow for distractions and periods off and get some idea as to how you have grown in the time periods allotted. You can also look at the different products that you have used in conjunction with the natural supplements that you may or will have taken and get a very good idea what works, when and how. Now then, does this seem a better, safer way of handling things?

The local heavy man method is not the way to go. You are your own creation and succeed or fail, you must stick by that theory at all times. Everyone is different in oh so many ways (a cue for a song there I think) and this is the method and reasoning by which you can succeed without a doubt. All to often I have had calls and letters from guys and girls that have been training and using the gear the "Way of the Fat Guy" for so long and say, "..... so how can I get rid of my tummy now that I have built the size that I wanted?" My answer is for them to look at themselves and tell me honestly just how much of their physique is fat and water and how much muscle will be left once the lard is off? Their initial reaction is mainly surprise, then anger followed by surprise again when I describe what they look like ON THE PHONE and having never seen them before. If they listen to what is said, the next job is to try and undo what they have taken all the time and training to achieve - zilch! When all the crap is off their body, and they can see the real muscle that is left behind, they are indeed smaller BUT fitter and looking like they could do something with their physiques. This happens all to often.

Those who choose the other way find themselves in a mess and in many cases unable to repair or retrain, result a very confused and FAT individual who has a grudge against bodybuilding - period! Who can blame them? I can, especially when many of them will read this.

Chapter 5

Steroid Clearance Times

This chapter is indeed a very good guideline as to the clearance times of certain steroids in use today. Please bear in mind though, that different people and different metabolisms can effect the time limits. However, the time limits that have been given are a good guide and if adhered to at the very limits, you should have no problems!

In many cases a great percentage of the steroids available are a real joke! Reason? Most of the shit around nowadays is coming up "Magnificent Mazola" or welcome to "Sunflower City". You people know what I mean. The fact that the law has changed now has given the counterfieters an open market and an "Hunting Season Open" ticket to fill us full of saturated fatty acids. I said it would happen. More on this later.

The testing methods in use today, involves the analysis of the testosterone epitesoterone (T/E) ratio, with the upper limit being set at a ratio of about 6:1 tesosterone to epitestosterone. Epitestosterone is a by product of the metabolism of testosterone, more specifically it is the 17-alpha-hydroxy-epimer of testosterone. The urine usually contains about equal amounts of test and epitest, with the ration being between one and two in both men and women. The limits set for this test have deliberately been set high so that the individual drug free steroid profiles easily fall under these levels.

It is a fact that most oil based steroids will need at least four to five months to clear, especially the higher androgenic gears. This will be at the very most though. Oil takes longer to disperse and traces will be left in the muscle tissue and blood stream.

Before reading this next section, please remember that it is as accurate as is possible. Many different athletes, weightlifters and bodybuilders have followed the guidelines to some great success. However, I would always err on the side of caution and if in doubt, give the time limits that little bit longer. The other main point that I would like to put especially to the bodybuilding fraternity is that by all means take in the information as

knowledge is the key factor as it should be. But remember, most body-building shows are not tested, simply because if they were NO ONE WOULD TURN UP! Am I right or wrong? The former? I agree!
Note that all time periods are approximate and I would allow a little more time either way for safeties sake.

USED UP TO THREE WEEKS BEFORE A DRUG TESTED EVENT
Two orals are featured here and they are:
Anavar (oxandrolone)
Winstrol (stanozolol)
Both of these orals are absorbed into the system quickly and out as fast.

TO BE STOPPED FIVE WEEKS BEFORE AN EVENT
Three more orals featured include:
Dianabol (methandrostenolone)
Primobolan (methelone)
Nilevar (norethandrolone)

TO BE STOPPED TWO MONTHS BEFORE AN EVENT
Five injectables which include:
Winstrol-V (stanozolol)
Stromba (stanozolol)
Primobolan Acetate
Masterid (dromastanolone propionate)
Testosterone cypionate, decanoate and enanthate.

TO BE STOPPED AT LEAST FOUR MONTHS BEFORE AN EVENT
Most oil based steroids should be stopped four, even five months before a contest/event. These include:
Parabolan/Finajet (trenbolone esters)
Injectable Dianabol (methandrostenelone
Equipoise (boldenone)
Primobolan (all methenolone esters except for the acetate form)

Finally, it is worth it to note that Deca Durabolin and Durabolin (both nandrolone esters and the cause of many 19-nortestosterone positives) should be avoided at all times especially when the event/contest is guaranteed to be tested. Both these products can be detected in the system for well over a year or more - results have proved. Obviously, the strength of the steroid would have diminshed considerably as time passed and the test would prove more difficult the longer it was left.

In the long run (excuse the pun - hee hee), the only real method of avoiding detection is to come off the products as early as possible. I hope that soon I will be able to publish an update in the NO BULL COLLECTION magazine, of some proven methods of masking certain products when faced with an up and coming test. At the time of writing this book, I am still awaiting the information from a colleague who I would only trust.

For now, I would suggest that after coming off the steroids you drink plenty of water with pure lemon juice in it. This will assist the system in flushing itself out. Five to six grammes of vitamin C taken per day will also do the job, in fact any kind of diuretic will help to keep the urine as clear as possible. Anything is better than nothing.

With regards to masking the tests that you could find yourself looking forward to, there are a few things that you can do to at least throw the hounds off. Drinking bicarbonated water will upset things just a bit in fact anything that will either turn the urine acidic or alkaline will confuse things enough to really piss the officials off! (I love my own humour so much - bless me).

A good trick to remember is that when you go into the testing area, have a little bit of washing up liquid on the end of whichever finger you balance the old man off, this will come up as "hmnnn, interesting" on the test sheet. For example, it will throw out the test enough to be invalid (hopefully) and give a giggle when they recommend that you be committed for an addiction to Fairy Liquid!

To be honest, the IOC testing procedures are quite crap and for all their supposed "victories" against the "nasty drug users" and if they could only see further than the ends of their noses they would realise that the best way is to "go with the flow" and look at things in reality. They think that they are winning the war against drugs in sport - they have not even seen the beginning yet. It is the HARD drugs that they ought to be concentrating on and not something that gives the general public what they want to see FAST, BIG, STRONG athletes and if Britain can remember, WINNERS! We have not done so badly since 1952! After that, someone had the great idea of doing what all the others do for a change - use their heads.

Wonder why we didn't bring home any medals back in '96? - they took their steroids away. Tut tut!

Most amusing logo seen on a pinball machine of late:

"WINNERS DON'T USE DRUGS!"

To right, I agree but mine is:

"WINNERS DON'T DO DRUGS BUT THEY DO USE STEROIDS - HONEST!"

Chapter 6

Injection Procedures & Safety

It is a fact that most of you will bypass this section - if you do then you are prick! The whole point is to plunge home the facts and make sure that you stick to the procedures religiously. Don't become abscessed with the idea that you have done it all so many times that you do not '*needle*' reminding!? Ah well, an attempt at humor - totally successful again!

Seriously folks, the problems that many people encounter when injecting steroids is during the preparation process. Cleaning the area is not just for cosmetic reasons, it is to prevent infection getting in through the armor that we call skin. Bacteria is so small that to give it a hole as big as a needle puncture is like throwing a sausage down the Channel Tunnel and that is as big an example as I could think of! Actually I thought of more perverted ones, but having a collection of swords and knives makes me think of working at home with a small light on. It means that I could resemble a pin cushion very quickly but on a much larger scale - ahem!

Scared of a women - pahh, (you bet your life I am). A woman with an attitude I can handle - a woman with a four foot Samurai sword, you tell her that she is a liar! If they are carrying such weaponry and they say it is Thursday - it's fucking Thursday! Back to the point - Jeez, I love my own humor!

The following points are laid out for your own safety and will highlight the importance of getting the injection procedures absolutely spot on. The problems that can arise through

over abuse of using steroids can be dealt with and avoided through sensible choice and care previous to the jab; the problems that can start if you get it wrong at this stage can be very painful and more damaging than the steroid is supposed to be. Jabbing oneself is not as hard as you would imagine. OK you may feel a little prick, but the same could be said if you fell off your bike!? If you take your time you will be OK. The variations on selection of steroids to use are quite vast. Using orals alone would still work fine, but like I have said, you are cutting down your options a lot by not using jabs.

1. NEVER share injecting equipment or multi dose bottles with the same pullout pin. If you do share, use completely seperate new pins and plungers.

2. Use a clean needle each and **EVERY** time you inject; in fact use two! If you scrape the point on the bottom of the vial and/or puncture the reseal-able seal (I enjoyed saying that) it will also blunt the pin. If you jab your-self with any of these pins from any method your arse cheeks will snap together so fast you will either break the fingers off your mates hand or break the standing jump record in one. Thinks? Why have you got your fingers in the crack of your **GOOD** friends arse? Er, next question please!

3. TRY NOT to draw up then inject with the same pin as they blunt easily on the glass ampoule. It's a good idea to draw up with a large needle like a green before swapping your pin to inject. Again you will know when you have blunted the needle; it will feel like you have been trying to put it in with a piece of drain piping!

4. When injecting oil based gear, **WARM IT UP** first as it becomes easier to inject when warm - dunk it in your tea for a few seconds or put it under

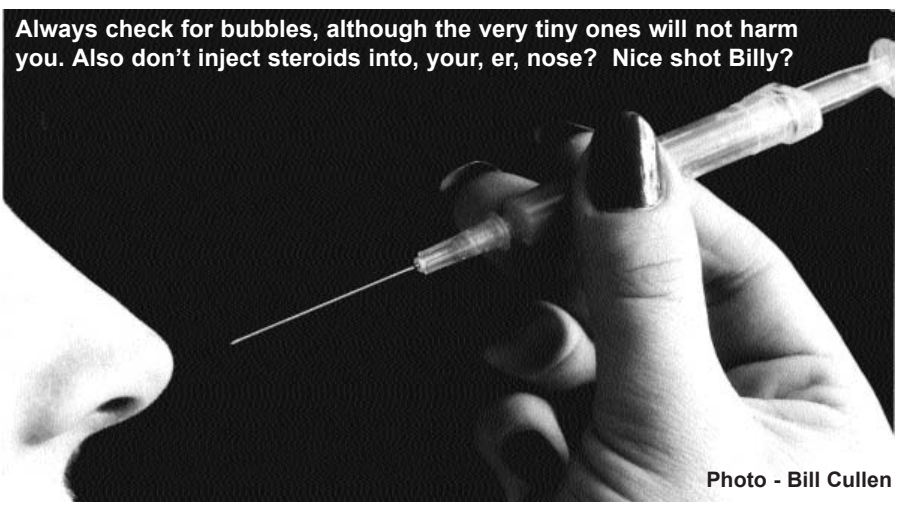
your armpit - the amp not your cup you fool! And **DON'T** do what Gary G. did in his mam's kitchen please. He put in the microwave, a Sustanon, a Propionate and a 2ml Deca combo - just to get them warmer quicker. It did. His mam knows that he is on the gear now. Strange man.....

5. There is **NO REAL NEED** to inject the pin right up to the hilt - about 3/4 of the needle will be enough. Many people do but pins can break. It's no fun digging around in your thigh with a pair of pliers.

6. ONLY inject into muscles which are well developed. Just because someone in the gym tells you he finds it best injecting into his delts or traps this might not suit you as he may be much larger than yourself.

7. MAKE SURE your injection site is properly clean (soap and hot water) alcohol swabs are not ideal as the only method of cleaning a site and repeated use will lead to the development of scar tissue.

8. SITE ROTATION will reduce the development of scar tissue and forming a sterile abscess. Other areas can be used such as the upper outer thigh and the shoulders as the third choice. If you choose to inject into the thigh remember that **YOU MUST NEVER** jab on the inside near the groin - you could die if you hit the main artery that runs up just inside of the inner right thigh. This is called the er, 'main drain' - technical yeah? Pop it and you literally have minutes left. The gear, and everything else, will not seem all that important - not at all!



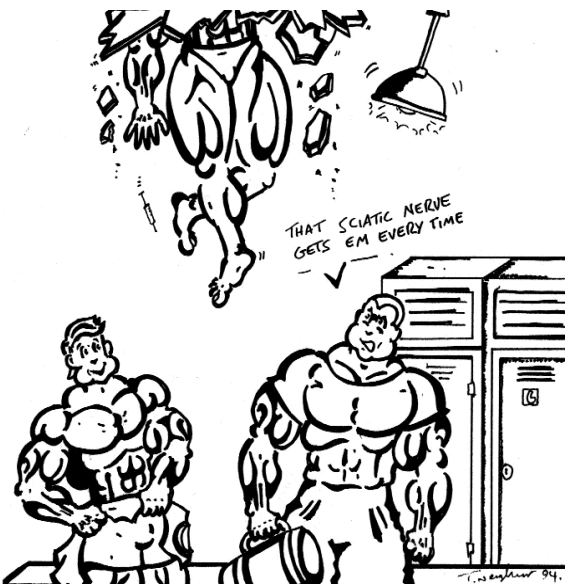
Always check for bubbles, although the very tiny ones will not harm you. Also don't inject steroids into, your, er, nose? Nice shot Billy?

Photo - Bill Cullen

9. DO NOT mix water and oil based in the same syringe - period!

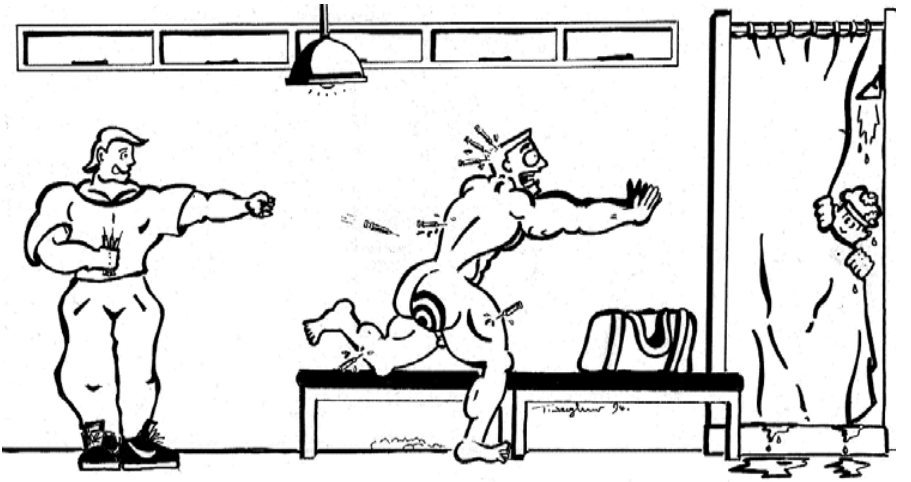
10. ALWAYS dispose of your injecting equipment safely by placing your equipment in a sharps container then return it to your needle exchange or at least some place where **YOU KNOW** the kids cannot get at them. If you bin yours at home, better to FORCE the plastic sleeve on a bit harder (be careful not to pierce the end onto your hand) and then snap the end off. The pin and plunger cannot be used at all then.

11. The **SCIATIC** nerve is the largest and thickest nerve of the human body that is the principal continuation of all the roots of the solar plexus. It emerges from the spinal cord in the lumbar portion of the spine and runs down through the buttocks and the back of the thigh; somewhat above the back of the knee it divides into the tibial and the common peroneal nerve, both of which serve the lower leg and foot. You will hit this if you inject to close to the lower spine and if you do you could cause temporary paralysis. Don't panic because it would return - not long after you hit the earth again!



12. NOT a standard written rule, but more sense really to use a "green topped" 21G 1-1/2 pin when injecting oil based steroids as the flow is that much easier and comfortable (reference #4). Imagine trying to force water from a five inch water pipe into one four inches smaller - the force would be greater and therefore (in the case of the needle) much more painful.

13. INJECT SLOWLY and carefully. This will help to avoid muscle tears and bruising. In some cases, depending on what product you are using, you may find that the plunger is hard to push in. This will most probably



be that the steroid is in a alcohol base which will literally roughen the smooth sides of the syringe making it hard if not impossible to inject. It is always a good idea to try the plunger first **BEFORE** you jab yourself. Pressing the plunger under pressure whilst in the muscle could cause severe bruising and much pain. Don't be a twat with needles and throw them at your mates. Be sensible and practice on a dart board attempting at least double one, treble 19 and the bull first. They are your mates after all. (Only joking, don't throw them at all - they are to dear!)

14. A STRAIGHT STAB into the jab area is the quickest and painless way. Hesitating could make a few more holes on your arse that need not be there. The one that you have PLUS the one that you are making will be sufficient I guarantee.

15. You must **NEVER** inject oil into a vein. It could be fatal - period!

16. ALWAYS try and use a medi-swab to clean the injection sight before an after you jab yourself. If you usually jab after training, get a shower first. The sweat can be very infective even to such a small hole. It is best that you use ALL precautionary options open to you.

17. I cannot take the credit for this one. A good tip is to store your pins in the freezer compartment before using. This **DOES** actually stop them stinging as we all know they can. Me old mate Nathan was *'right'* when he sent that one in many moons ago. Good tip mate - thanks again.

Abscesses
This type of infected swelling which is usually found as a ball size lump, of varying sizes and usually quite painful. They are caused by several methods. One of the main ones is not injecting deep enough into the muscle. This problem occurs when fluid gets just under the skin where it cannot disperse and subsequently becomes infected. Another can occur when the area has not been swabbed or cleaned properly. Not having an alcoholic swab is no excuse - soap and water are excellent substitutes and could prevent a nasty lump or swelling appearing that could lead to surgery in the end.

However, do not panic if there is a little bruising from time to time. This can happen quite often especially when the needle is not injected straight in for instance or it may have been wobbled that little bit tearing slightly at the tissue. A good salt bath (don't for get to add the water) will ease it a great deal and a little massage will also help the blood flow which will assist healing. Plus it can be handy if you like your nuts in salt?! I never go anywhere without mine although there are a few who would like to assist me on that particular problem. Heh heh heh.....

Chapter 7

Training On & Off Steroids

'Hitting the plateau' does take out a lot of trainers and can be difficult for most to accept, but it is important to get past this point in order to succeed. The three month trial period, is a hard and difficult one, but that is what makes a bodybuilder a true bodybuilder in the sense of the word. The question of gear comes into mind when that person has achieved as much size and condition as they deem humanly possible - they want more! They then wonder why they are not growing. There are many, many reasons for this of which we will go into later.

With this confusion and want, they start looking around the gym a little harder, wondering why every one else is getting much bigger when they are doing, more or less, just the same as themselves. In most cases, they will be on the gear. Why do they want to go on the gear? Easy, because they don't want to be doing something for 10 years, when it can be done in 2 years or even less. Now what would you do?

Every body wants to look like the pro's - why not, most do - but remember, the pro's did not do it by just training and taking vitamins - not a furrrrking prayer me old cock sparra's! They take gear - period! The pro's that I admire the most, are the ones that admit it; If they don't then looking good and being a twat must also be in their genes. Of course they take the gear, but what actually does gear do?

I know that I could go into the total chemical analysis and breakdown of what actually happens, but it really is of no use to any of us unless it means something, like sense! This is a laymans guide, and no disrespect to its contents, being a guide does not and should not depreciate the importance of getting it right - safely. But, to explain things simply will give the reader the choice whereas they can research even further if they so wish. I explained the steroid theory in a way in my first book, "THE LAYMANS GUIDE" that most people were comfortable with. I will do this again (slightly differently) for those who did not buy the first book and to those motherfucking dick brained arse wipes who photo-copied it - May your balls shrink at the right time.

Simplified Steroid Actions
The number of receptor sites for each individual vary tremendously. It is down to the amounts that we each have in our bodies, that determines our rates of growth. This we cannot change, however, we can make it easier for these receptor sites to accept and deny steroids as they come and go. If we look at each individual sight as a hand, a catcher, somewhat like a sea anenome if you like, waving about in the blood stream. Our individual number of “catchers” would be waiting there for the protein that we digest, waiting to catch it, assimilate it and send it along to the muscles etc.

Under normal circumstances like day to day living, eating etc, the “catchers” would grab enough protein, at a normal rate, and send it out to the appropriate areas needing it. When steroids are introduced into the system, each individual “”catcher” would be suped up - and then some! It would be quicker, more efficient and also be wearing a baseball catchers mitt - big style. It would miss hardly anything. If effect, very little protein would get past these little buggers.
The trouble is that in some cases, if we swamp the body with to many steroids, then you will become aware of the saying, “... my receptor sights have shut down”. This what can happen. They catch so much, so quickly that they can do more and so nothing, in effect happens; until the sterolds have been absorbed and left the body. Hence the need to have a break - have a quick crap! No chocolate here (get that joke and your good!).

Strength & Recovery
On the gear, the recovery rate is also far quicker, and that is one of the most important factors of growth. Strength, well with most steroids, there is a definite increase. The appetite goes through the roof to boot and there you have it a combination that spells growth and mass. If the food intake is even just good, you are going to grow to some level without a doubt. Now a lot of the results of taking gear can depend on the type of person taking it, for instance if a man who already has a low testosterone level and high receptor site level, starts taking gear, he just has to smell it to grow, well almost.

Any increase in test levels will boost his growth, strength and appetite. On the other side of the coin, the man with a very high test level can get good gains at first but not as good as the first man. He could also be the one that has a very low steroid receptor site level too. This can be awkward as he has to take much larger amounts in order to get some gains. This can also explain why some men get “bitch tits” worse than others; same goes

for acne, some get it bad, some don't. It is all down to your genes. We have to make the best of what we have and take control.

Think about it.....
After the initial 3 month period, I would advise a lot of thought before anyone goes into steroid therapy. It must not be look at as the one and only way. Try to achieve as much mass and size as possible BEFORE trying the gear, so that when you do possibly decide to use it, you would be getting on the ladder on a much higher rung than would be normal.

To be in good condition before you start your mass and size training is the best position to be in. Imagine being extremely fat and pumping the juice in, you would be putting weight on top of existing fat and water - now that cannot be good can it? This is the way steroids can be used in safety. The better condition you are in to start, the better you will be on the way through and at the end, if there is an end. This is fact

To train with or without gear is, and should be, purely a personal choice. What are your reasons? if it is because you want to be big, full of water, fat and more shit, then you ought not to be training. If it is because you are drastically underweight then go for it but steadily and surely. Experiment with lower androgenic stacks at first, then build up as you see the results coming. Slowly and surely you will hit the levels that you know will be the best for you.

Double check your advice!
As for competition training and the gear, well that is getting very complicated and I advise that you seek professional help either from us or someone that you know you can trust - this is vitally important. Some of the stupid tricks that people are being subjected to nowadays need avoiding at all costs. You just have to be able to spot them.
For instance, if someone at the gym or club that you train at advises you to take something that you are not sure of, please seek advise from another source also. Double checking does not hurt and is both beneficial and safe at the same time.

I know of several people who were ill advised on many different occasions, mainly due to the fact that the dealers that were "advising" new absolutely FUCK ALL about the products that they were seeling onto them. They were asking for, example, Primo, Winstrol and Deca for pre-contest use and were given counterfiets in there place. Who knows what

they had been on. If they had been given high androgenic gears before a competition, then they were (and did) fill up with water at a time when it should have been at it's lowest. In fact, the Winstrol that one guy was using was a total fake; duck spunk would have been more effective - ahem! Even without the counterfeits, one guy bought many products which in the wanker of a dealer wanted to get rid of - y'know, the flavour of the month syndrome, excess stock. That is a shit thing to do to someone who wants to look his best at the right time. Be very aware of that one please. All it takes is a phone call and we will help as best we can.

Training Methods

Really there is not a great deal of difference to the methods used actually in training when using the gear or not except for the fact, (as discussed previously) that the recovery rate is quite different. This means that you can increase your training and its intensity, quite dramatically. So what I intend to do is break it down into three different stages of training levels, and they are:

Beginner	0 - 6 months
Intermediate	6 -12 months
Advanced	12 months onwards

Each level will have a training system and a stack that will go with it. However, it must be said that even at the advanced stage with the increased training and steroid intake being higher, these people can easily drop down to the lower level intake and gain dramatically. These changes can depend on many different factors such as attitude, personal health, well being, home life, diet, work and many more. It does not mean that more is best - absolutely no way. In most cases, this can shut down your gains and saturate your steroid receptor sights; just like squeezing a sponge and letting it absorb as much as it can, it can only take so much. See what I mean? Remember, once it is in, you cannot get it out until it wears off.

Chapter 8

Training & Cycles For Beginners

The word “beginner” doesn't really mean that our person would be starting fromscratch in the exact sense. It means that they would be starting out on a basic mass and size programme with a steroid cycle to suit. I am assuming that he/she will have gone through the "trial period" of about 3 months and from that, we can start to put a system together that they can work on, hopefully with a large degree of success.
Even though the gear can be used with this system, I still recommend that it remain on a three day period only for now, as the extra day or so of rest will prove valuable in the long run. Recovery will be quicker as we know, but that is essential for growth. Patience will be greatly rewarded by not adding to the workout system, extra days - this is vitally important. Also as with all stacks, they can be altered slightly but only in amounts as the whole package is designed from proven experience and results.

Orals or Jabs?
Well I have opted for orals on the first cycle as getting used to the jabbing may take some time for some; for the brave, well they will find out that it is not as bad as everyone tries to make out. Personally, if you take your time, jabbing ones self is quite easy and to leave out the possibility of injections at a later stage, would be restricting you to a much lower choice.

Training
This will be done on Monday, Wed & Friday only, leaving Saturday & Sunday totally workout free. This does not mean that walking, cycling or swimming is out, but doing too much will definitely hinder progress. You have to grow and burning off too many calories will not help at all. It is like building a house, getting the roof on and someone pulling the bricks away from the bottom. Not Good.The most important point to note here is that the training system must be adhered to TOTALLY, not added to and not taken away. By doing what is stated - and only that - you the trainee will grow - this I promise. Even if you were not on the gear, your results would be VERY good. Do not be tempted to add on extra few bits here and there; the same applies for the gear.

• **MONDAY**	TOTAL BODY TRAINING	After training eat well and then rest. Naps are recommended if possible
• **TUESDAY**	DAY OFF	Any slight aerobic work can be done today, but keep it to a minimum until you know the rate of weight loss or gain
• **WEDNESDAY**	TOTAL BODY TRAINING	
• **THURSDAY**	DAY OFF	As with Monday, keep the aerobic work down to say, walking, steady jogging or a couple of miles on a bike
• **FRIDAY**	TOTAL BODY TRAINING	
• **SATURDAY**	DAY OFF	At the weekend I advise total rest if possible and enjoy the time off. This is important
• **SUNDAY**	DAY OFF	

Beginners Three Day Training System
This system is a shit hot one, never mind what the fuck the 'old boys' tell you in the gyms shower room. It will, I guarantee, give much size and strength that you will be surprised and yet elated. It does so by allowing you to train, rest and grow.

On the training days, I suggest that you try the system that follows. At first, try to stay with the sets and reps given, but if you are struggling to complete the work out, reduce each exercise by ONE set only. Try this and you will find that it will fit around your time and energy. As you progress, you will get stronger and be able to increase as you go through the system. A point here: the system is basically designed for general gym equipment. However, if you have one of the multi systems that are now readily available, then you should still be OK. However, if you cannot match the exercise routines with the equipment that you have available, then please contact me and I will advise accordingly for you.

THREE DAY ROUTINE

Warm up for a few minutes, then:

Press behind neck	3 x 10
Squats	3 x 12
Flat bench press	3 x 10
Lat pulldowns	3 x 12
Close grip bench press	3 x 10
Barbell curls	3 x 10
Bench dips (feet raised)	3 x 12

Abdominals:

Flat leg raises	2 x maximum
Crunches	2 x maximum
Bar twists	2 minutes approx.

Notes:
Keep the rest periods as low as possible so that the pump stays strong. However, should you feel that you need more recovery time - take it. The advantage of such a workout is mainly balance. Everything is and should be hit. Again, and I stress it strongly, when you should rest and take time off please do it. It will be of an advantage to you. Should you wish to train the abdominals at first as part of the warm up, no problem here. Many do prefer to do so rather than have to do them at the end.

Weighing & Measuring
Weight: This must be done once per week only! Pick a day begining or end of the week and do not weigh yourself again until the following week. Doing so, especially at different times of the day when food and fluids are in and out, will give non-accurate readings. This will start to put you off so don't furking well do it!

Another good point to think about - weighing scales! The cheaper the scales the more crap the reading, this I found to be so true. The best ones are the mechanical type that are endorsed by the Weight Watchers group. I bought a shit hot set from Argos at around £30-35. Don't forget to make sure that you put them on a firm base, not on a thick piled carpet. The difference could be something like 5 or 6 pounds of inaccurate readings. Oh and by the way, take your hands out of your pockets!!

Measuring
Do this once every couple of weeks, preferably once a month. Any more and you will be disheartened, have faith and try to be patient. Remember it takes time to grow and you may lose some body fat as well. Follow these rules and you will have cracked it. You will be quite surprised at the results that can be obtained in the first month. I have known many who have gained as much as an inch on arms, legs, chest etc, just in that short time.

Stacks/Cycles
The cycles that I will suggest are based on tried and tested methods. Any deviation from the system is up to you. What I would suggest strongly is that you keep a diary of everything that you do and take.This will be the basis of your success and will help you guide yourself through what works and what doesn't. I find that a diary is imperative.

Like I said earlier with reference to jabs or orals, many prefer the tabs at first which I can understand. For those on first time therapy, it can be a scary thing but when jabs are considered for the first time, shitting ones self can be a regular experience - or should I say being afraid? Hmnnnn, no, 'shitting ones self' sounds more funny!

I going to base the first stack on or about the same oral Dianabol stack as in the LAYMAN'S GUIDE 1993 as this was a very popular stack and I was asked many times to explain it in greater detail. I have done this with a few extra bits here and there and a few changes. A second popular 'first timer' cycle is featured too. I have based them on eight

BEGINNERS CYCLE EXAMPLE - ONE

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX
WEEK 2	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX
WEEK 3	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX
WEEK 4	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX
WEEK 5	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX	10 DBOL 1 NOLVADEX
WEEK 6	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX	8 DBOL 1 NOLVADEX
WEEK 7	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX	5 DBOL 1 NOLVADEX
WEEK 8	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX	3 DBOL 1 NOLVADEX

BEGINNERS CYCLE - EXAMPLE TWO

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX
WEEK 2	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX	5 ANAVAR 1 NOLVADEX
WEEK 3	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL	8 ANAVAR 1 NOLVADEX 3 ANDRIOL
WEEK 4	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL	10 ANAVAR 1 NOLVADEX 4 ANDRIOL
WEEK 5	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL	10 ANAVAR 1 NOLVADEX 6 ANDRIOL
WEEK 6	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL	8 ANAVAR 1 NOLVADEX 4 ANDRIOL
WEEK 7	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL	5 ANAVAR 1 NOLVADEX 3 ANDRIOL
WEEK 8	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX	3 ANAVAR 1 NOLVADEX

weeks as this is a good time limit for beginners and advanced trainers alike.

The two cycles that are featured are basically for beginners but many advanced bodybuilders would still be able to gain good size from such stacks. The reason for me labeling them ‘beginners stacks’ is purely because of the types of gears used; all excellent for the first timer AND advanced trainer.

Please note also that Nolvadex (tamoxifen) is used in both cases. I am not concerned about the fact that some people *may say* that it *could* reduce muscle growth by as much as 5% - bollocks. The fact that my nipples could end up pointing out like chapel coat hangers if I didn’t use it is the main thing that would worry me!

Chapter 9

Training & Cycles For Intermediates

After 6 months up to one year the procedures of the beginner still apply to the intermediate. At this stage, we are still learning much about what our bodies will take and what it does not like. The training should be well established by flow and this is where the split systems *could* and I stress the word could, work better. Total body training is still the best way of training for size, strength and guaranteed rest which collectively work perfect together, but splitting can save time and help to concentrate in one on one weaker body parts. This is where the advantage can be greater. In a nutshell, people recover at different rates and routines will suit some, others not. This is the whole point of experimentation in this sport.

I have known people train a bodypart three or more times per week and grow like nothing on this earth and yet on the other side of the coin, one guy who I knew (actually he was a HGV driver for some of the top rock bands) used to do no more than four sets of bench press to MAXIMUM, only ONCE per week - absolutely no more than that. Being on the road a lot meant that he could do no more. He benched MASSIVE weights for only four sets, once per week. His chest was absolutely massive, deep and hard. One rule for one lot etc eh - ah well.

Splitting Routines
As a part of progression and also for the individual to be able to feel that they are moving on, we look to advancing the training system on a little further. As explained many times, splitting may be considered an advancement from total body training which it is, but it all depends on how that person has utilised the first stages of their training.

By splitting we can hit a single muscle group with a bit more intensity and hopefully allow it to recover just as good as in the total training syndrome. This must be done no matter what happens; no recovery, no growth.
As an example, in the total systm (previous chapter) we work chest only once, in some cases twice. In the split, we could work it over three even four exercises for the group with varying reps etc. As you will see in the

example routine given, the time between working the chest from one time to the next is the most important factor. This must be taken note of as it is a vitally important factor for success.
There is not a great deal more that can be said about the system than what can be explained by studying it and getting on with the training. However, you must remember that as with all training routines, you MUST give them ample time to work. Don't be getting on the phone and ringing me up moaning about the fact that the routine "just ain't working" when (as in one case) you could be down at the poub every night, in the pizza hut all to often and crapping kebabs like there was no tommorow. It just is not going to work. AND the fact that I will tell you to fuck off is another deciding factor - period! Go train hard.

Stacks/Cycles
As for the gear intake, well maybe it is time to start and stack a few cycles together and experiment a little more. The choices that we make depends on whether we want more size and bulk or some size with more condition. This is your choice BUT as a matter of choice, I will give a couple of examples for you to view.

I have used both high and low androgenic gears to give a well balanced stack. Like I have said before many times, the variations for different people can be totally brain fucking, but we will stay with a couple.
Personally, I prefer increasing dosages on the lower androgens with the addition of limited androgenic gears as per my choice. This gives me the best of both worlds and I have NEVER EVER had ANY problems with water OR spots in my entire training career. Jeeez, that pisses some people off and I like it. Shoving to much in and not being able to get it out until it wants to come out is one of the main problems that people have all the time (as the bishop said to the train driver.....). Gradually and steady, a little bit at a time until you know what does and does not work for you.

Examples
The two cycles that follow can assist mass and also condition. Again it depends on how the individual approaches their training. If they eat for mass, basically as an example a burger would be a cow with it's horns cut off and it's arse wiped, then the stack will assist growth and mass. If they eat well but be especially careful of heavy fats, with a view to gaining size slower with more condition in mind, then the stacks will also do that. It depends entirely on the individual. The amounts given AS EXAMPLES, are by no means considered a lot. They are quite safe indeed.

INTERMEDIATE CYCLE EXAMPLE - ONE

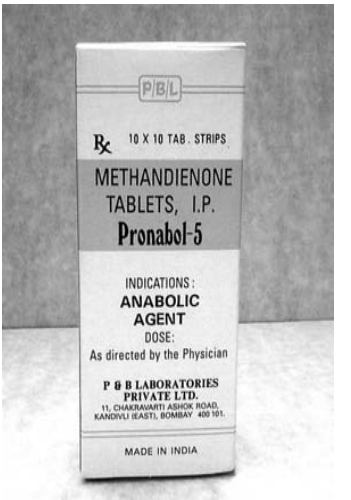
EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex
WEEK 2	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex
WEEK 3	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	Propionate 250mg 8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex
WEEK 4	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	Propionate 250mg 10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex
WEEK 5	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	Propionate 250mg 10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex	10 Anavar 1 Nolvadex
WEEK 6	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	Propionate 250mg 8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex	8 Anavar 1 Nolvadex
WEEK 7	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex	5 Anavar 1 Nolvadex
WEEK 8	Sustanon 250mg Deca 200mg 3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex	3 Anavar 1 Nolvadex

INTERMEDIATE CYCLE EXAMPLE - TWO

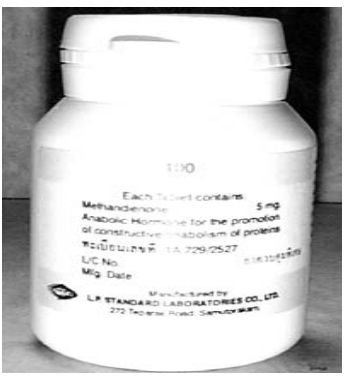
EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex
WEEK 2	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex
WEEK 3	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex
WEEK 4	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex	Deca 200mg 10 Dianabol Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex
WEEK 5	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	Deca 200mg 10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex
WEEK 6	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex
WEEK 7	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex
WEEK 8	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex

Cycle Pointers

In example one, we have used Sustanon and Deca as the main base. These are good choices, picked for their mass building qualities, safety and low water retaining properties. The same goes for the Anavar which will also give a tremendous amount of strength too. This is a great product, if you can find the right one. However, as an alternative, Winstrol or Stromba would be a good choice too. Excellent for condition AND size. The Propionate, well this is brought in a little later as a booster and a great hardener of the condition of the body. Nice one Mick.



Genuine and rare - Pronabol 5



Probably the most popular Dianabol/methandienone on the market to date.

Example cycle two brings in good old Testoviron Enanthate 250mg - a great builder of bodies and before you write in NO it will not make you kill the next person next to you. It is a very safe product, only made worse when buckets of it are thrown in. I have again combined it with deca which is the best thing to do. Quality, mass and strength will be derived from the two. By the way, the reason for the main jabs being at the beginning of the week is because all long acting oil based products work better this way; plus your arse will not look like a veggie culendar!

As for the Dianabol, well what can be said about this one - just a great builder. Pronabol 5 could most definitely be used in it's place; again this is down to personal choice and unfortunately, availability.

Chapter 10

Training & Cycles For Advanced

At this stage you will have, or should have, done all your home work. Don't be fooled in to thinking (and know you are) that you can jump straight to this part - It does not work that way and you would be foolish to do it. The basics are the best way to set the template for the next few stages to this one. Work done hard and basic at first will make this one all the more enjoyable. But what would happen if you jumped straight to advanced?

Well many of you will think that why should I wait around, just go for it. What could and does happen is that you would usually burn out to quickly - you would overtrain. To get to advanced by doing your apprenticeship is the best way. Injuries are the main cause for packing it all in and they can get so intense that the increased gear will be of little or no help. It is also important to note that because you can call yourself advanced, it doesn't mean that you have to take more and more gear. In many cases, we have found that little amounts every so often work best and that bucket loads need not be taken. Again, this alters so much with the individual.

Some also find that a couple of cycles per year is enough - even at the advanced stage, you have to monitor yourself all the way. Like I said, look back and use a diary. You will then see what has and has not done the job. Check out the diet you were on, when the best gains were made. How was your home life? Were you falling out? Happy or sad? All these things will affect you greatly I can guarantee that PERSONALLY!

The following training routine and stack was designed for someone who was approaching a contest. The workout that he was on changed in the last 6 weeks leading up to the competition, of course which all combined to give him an outright victory, not once but three times in the same year. I must point out that the workout was a tough one that asked of great dedication and drive for the last four to six weeks. It not only continued to build quality muscle but also fine tuned literally EVERY single body part that the man had. Not everyone could have done it, but the training called

for a workout both morning AND evening in order that bodypart could be trained twice per week at the maximum intensity possible. It was hard. I must point out again that such a system would most certainly put you in an overtraining category, but if you could sustain it, it would work perfect should you want to get in shape before a holiday for example or maybe another special occasion. The food intake MUST be increased to compensate for the extra energy required. This WOULD alter greatley in preperation for a bodybuilding contest - please remember that.

IMPORTANT! - You must be sure that you are in good shape BEFORE embarking on such an arduous training regime and contact your doctor for a full check up if you are not sure. Please take note of the points after reading the training system.

PRE-COMPETITION WORKOUT
ADVANCED CONDITION PHASE

TWO WORKOUTS PER DAY
SIX DAYS PER WEEK

DAY ONE: am Workout - Calves, Abs, & Delts

Calves:

Standing Calf machine raises	3 x 12-15
Leg press or seated calf press	3 x 12-15

Abs: (please do the next two exercises super set fashion)

Hanging knee raises	2 x max reps
Bench crunches	2 x max reps
Standing bar twists	3-5 minutes

(use unloaded bar or brush stave)

Delts:

Light d/bell lateral raises	3-15 light pump sets
Seated d/bell press	4 x 8-10
Single arm lateral raises	4 x 8-10
Seated press behind neck	3 x 10-12

DAY ONE: pm Workout - Quads, calves, abs

Legs

Thigh extension	5 x 12-15
Squats	5 x 15,12,12,10,15
Leg press or hack squat	5 x 15,12,12,10,15

hit this body part hard, then rest for a short while then:
Lunges for 3-4 sets in good style. This will pump and shape the thighs.
Pose the thighs for a while after this workout; it will help to bring out the striations - good style!

DAY TWO: am Workout - Calves, Abs & Biceps

Abs and calves are as Day One. Possible use as the warm up?
Biceps

Concentration curls (d/b)	4 x 8-10 off knee - sitting or standing
Preacher curls	5 x 10-12 machine or bar
Seated alternate d/b curls	4 x 8-10
Single arm preacher curls	4 x 10-12

Finish off this workout with 3 sets of 'behind back' wrist curls to pump off the forearm extensors

DAY TWO: pm Workout - Chest & Leg Biceps/Hamstrings

Chest

Flat d/bell flyes - light & fast	4 x 12-15 pump
Slight incline d/bell press	5 x 10-12
Flat bench press	5 x 8-10 as heavy as possible, but go for best style you can.
Incline d/bell flyes	5 x 8-10 full stretch as possible

Leg Biceps

Stiff legged dead lifts	4 x 8-10 as heavy as possible off a box
Leg curls	5 x 10-12 keeping hips down as best can

Note: After leg bicep work, fully stretch the muscles to prevent injury and cramp.

DAY THREE: am Workout - Calves, Abs & Triceps

Triceps

D/bell French press	4 x 12-15
Tricep pushdowns	5 x 10-12 hard as possible
Prone (flat) triceps press	5 x 8-10 good style; to forehead
D/bell kickbacks	4 x 8-10

ADVANCED CYCLE EXAMPLE - ONE

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	Testoviron 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex
WEEK 2	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	Testoviron 250mg Deca 200mg 5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex
WEEK 3	8 Dianabol 1 Nolvadex	Testoviron 250mg Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	Testoviron 250mg Deca 200mg 8 Dianabol 1 Nolvadex
WEEK 4	10 Dianabol 1 Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex	Testoviron 250mg Deca 200mg 10 Dianabol 1 Nolvadex	10 Dianabol Nolvadex	10 Dianabol Nolvadex
WEEK 5	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex	10 Dianabol 1 Nolvadex
WEEK 6	Sustanon 250mg Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 8 Dianabol 1 Nolvadex	8 Dianabol 1 Nolvadex
WEEK 7	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex	5 Dianabol 1 Nolvadex
WEEK 8	3 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	3 Dianabol 1 Nolvadex	Sustanon 250mg Deca 200mg 3 Dianabol 1 Nolvadex

ADVANCED CYCLE EXAMPLE - TWO

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Parabolan 76mg Propionate 250mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex
WEEK 2	2 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex
WEEK 3	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Parabolan 76mg Propionate 250mg 1 Oxy 50 1 Nolvadex
WEEK 4	1 Nolvadex	50mg Winstrol 1 Nolvadex	1 Nolvadex	Parabolan 76mg Propionate 250mg 1 Nolvadex	1 Nolvadex	50mg Winstrol 1 Nolvadex	1 Nolvadex
WEEK 5	Testoviron 250mg Deca 200mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex
WEEK 6	2 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	50mg Winstrol 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex
WEEK 7	50mg Winstrol 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	50mg Winstrol 2 Oxy 50 1 Nolvadex	2 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 2 Oxy 50 1 Nolvadex
WEEK 8	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	Testoviron 250mg Deca 200mg 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex	50mg Winstrol 1 Oxy 50 1 Nolvadex	1 Oxy 50 1 Nolvadex

DAY THREE: pm Workout - Back & Rear Delts

Back

Lat pulldowns to front	5 x 10-12 aim to hit upper chest
Single arm rows d/b	4 x 8-10 heavy as possible here
Lat pulldowns to back	4 x 10-12 full stretch
Base row pulley	5 x 8-10

Rear Delts

Bent over flyes	4 x 8-10
Reverse upright rows	4 x 8-10

NOTES

The training, as you can see, is very hard but also extremely effective. Each training routine should be hit hard and fast; in the gym, job done and then out. It will test your strength and will power to the limit, especially first thing in a morning, but who said this sport was easy! BUT remember, the training system shown was and is designed for approximately 4-6 weeks BEFORE a contest. It can be used to get in shape as I have said before BUT again, it is furking hard.

As your food intake gets better and of a higher quality, you will see the difference taking place before you. It will not happen over night, but it will happen all the same. Other people will notice it well before you, but stay covered as long as you can so that it does hit them, but not everyday. I love this type of training; the muscle gets harder and the fat starts ripping off - sheer perfection that induces a reaction from the fat bastards who would call you and the disbelievers who may never ever see their dicks again because of the fat bellies that they own. I always advise them to polish their shoe toe caps as that may be the only way that they ever will get the chance. *I just lurrrrrve it!* But they have the same chance as anyone. Fuck ‘em!

Pre-workout remember that you will need to load up on the carbs in order that you have the energy for such workouts. A good pre-workout carb drink would work perfect here for drinking DURING your workout too. Maybe one like THE ONES WE SELL AT MICK HART TRAINING SYSTEMS would be suitable. Shit, sorry, name dropping again. I assure you that it was TOTALLY intentional - ahem! You would soon notice a lack of power, a major drain if you like, should these workouts not be fueled enough, especially if you do not get enough sleep at night - like your truly.

As for supplements, well I could (and do) recommend many different ones to many different people. But in such a case, and for such a level of training, you would do well to make sure that quality supplements are used for the purpose of achieveing HIGH quality results. You would not put parafin in a Porche now would you? The point being that if you are trying to get the best out of your training for whatever purpose, NOT taking supplements COULD be a major downfall that you would regret. Remember, bodybuilding is a sport that takes the shit out of you most of the time, so putting extra vitamins can only be a good thing. Most of us do not eat enough, NOR correctly much of the time, so supplements are a back up that only the foolish would pass off.

Summary

The advanced stage in bodybuilding is really only a step up in progression. What I mean is that the advancement comes along when YOU feel that you need to and only then. The beginner can and does quite often make as much progress as the *so called* advancees when they stick to their guns and rest when advised to. But please make sure that you note the titles, beginner, intermediate and advanced stages are there to guide you through what you should be basically aiming for. They are not to be considered as time slots that should you not reach them, you would not gain. This is not so.

Chapter 11

Steroids For The Older Man

Some of the most popular questions asked of me are, without doubt, based around the following, *"Mick, I am getting on a bit, I am (e.g.) 50 years old, is it to late to take the gear? If I do, will it harm me in any way? Is it worth it? Will I make any gains? Will I still be able to have kids? "* ..... and so on. Now I am going to put your poor old minds at rest. Honest! Those questions are asked not, as above, only by people about 50. They come from as young as 30 thro' to 70 and above. This is fact. Most who are about to staff basic bodybuilding literally give up before they start. That is the wrong attitude to take in the first place. When it come to questions about the gear, for the older person, they seem to think that the older you are the worse it can be - this is not so.

Look at it this way. When a woman goes to her doctor especially in her mid-years, and says that she is feeling down in the mouth, she is tired, no life, always irritable, getting on at the old man, you know the score. This is certainly due to the fact that she could be going through the "change". Her body is adjusting to the fact that she should be slowing down about this time. Her periods stop and basically, she is getting older. No more child birth and all that; time for a good rest. What does the doctor do in most cases, especially if *her* case is a particularly nasty one? The good old doctor will in MOST cases, put her on HRT or Hormone Replacement Therapy in order to boost her up. It is all basically down to a lack of estrogen, the female hormone. Estrogen is marvelous stuff for a woman, in fact it can be called a "wonder drug" without doubt.

During puberty, it enhances the unfolding of a girl's womanhood. During womanhood, estrogens are involved in everything from the suppleness of the skin, cardiovascular health to the preparation of there body for sexual awareness. That's why it is sorely missed especially after menopause. The symptons are tiredness, lack of drive, pain during sex, stress, insomnia, hot flushes, need I go on. There is a good reason for explaining all this.Even, at an older age (and also especially after an hysterectomy) the HRT (hormone replacement therapy) is administered, most women can feel as if they have had a new lease of life. They feel revived full of it (and

want to be), ready to take on the world. They can cope much better, less stress - they even feel young again. Now tell me, is that really bad. Now for the punch to the story.

John
This is a genuine tale with a genuine guy. I had call a few years ago from a reader who has been with us ever since the magazine, The NO BULL COLLECTION, began. I know him quite well, he is a great guy and a loyal supporter - we will call him John. Now John asked me the same question that I have been asked times over, *"Will the gear help me, I am 50 years old"*. The other point about John, is that he has recently married someone quite a few years younger than him. He was worried about his sexual capabilities, if you know what I mean. John did not only not bother about jumping off the wardrobe, he could not get up the fucking thing, that's how bad he was - honest!

He contacted me quite some time ago and asked whether or not the gear would do him some good. I explained that I would describe his problem to him EVEN THOUGH it was his first contact with me. I asked the following of John and bet him (even though, again, I did not know him at the time, that I would ask the queslions and know the answers he would give.
"John, are you having problems in the "bell" area?" He said YESl
"John, do you feel 'two chips short of a sandwich' half the time - basically knackered" He said YES!
"Are you short tempered"? Yes, he replied.
"Do you want to sleep at any opportunity?" YEP!
"John, do you give a fuck half the time"? NOPE!
I knew what the problem was and to be honest, it was easy to remedy.
I asked him if he had been to the doctor and asked him his advice. He said that he had and the doctor had prescribed some form of anti-depressant to calm him down, make him chill out a little. That doctor was a twat! My personal opinion to John, was throw that shit down the loo, get off his arse and get back into the real world. I explained what had happened to him.

Will the gear harm me?
I must say, before I begin, that if a man has a genuinely low testosterone level, the following advice can apply. Anyone with an already high level can produce the opposite if they shut down their own testosterone production by inputting too much. Like the women, we men, even after the age of 30, can, in some cases, start to lose our testosterone levels that easily.

The amazing Viagra! - could be classed as a good 'pump' assistor - Phew!

They begin to diminish, slow down if you like. As we get older, they get less and less; so does our drive and determination. We basically start coming down a few gears. Now comes the best bit. The question usually is, *"Will the gear harm me as I get older?"* The answer is, how can it? Let's look at testosterone for a minute. This stuff is the driving force for men. The male hormone, 5 star fuel, the bit that makes us a man, gives us the driving force that we need; gives us the horn - you know. Testosterone is the "bees knees" and without it, well we would all be talking in a high voice, wearing knickers and tucking our nob's under our arse's. You know what I mean. Test is best - It's the Bollocks! (God this is good stuff - you saw it here first).
Now then, in John's case, at the age of 50, his testosterone levels were getting lower than whale shit, than a snakes arse if you like, the only way he was going to get it "up" was to stand on his head! Not now though. I suggested that he ought to go back to the doctor and get his advice, armed with the knowledge be now had. The doctor disagreed and advised him to slow down, take some time off and chill out. Grow old with dignity. John told him to go fuck himself! I like John.

His doctor was willing for him to become addicted to the sort of shit that they ought to be struck off for - Valium. You know the type; the ones that give the dietary advice yet are fat bastards themselves. Valium is OK in most cases, say many doctors and therapists for physco's, but not for many. Sorry I cannot agree with that whatsoever. My own mom was hooked on the stuff for years - it can be bad. For fuck's sake, I used to

watch her WATCHING the clock and waiting for the fucking chemist to open the next day when she had run out of the stuff. I hated the doctor's for what they had put her AND US through all those years at home.

John went away and found a good source of gear. He started on a cycle of steroids (see stack) and of course began training with a vengeance. The results that followed were not only in the physique area. His life picked up and then some. He has produced a body that anyone could be proud of. His sex life had gone from south to north, His ladies "bell" IS being rung on a regular basis - and then some. He is a happy man. He believes he can fly - thanks R. Kelly! The wardrobe today - the ceiling tomorrow!

Rejuvination

You see, steroid therapy in the older man can and does work for most, If we look at some silly figures for example. Let's say that John's test levels at the age of 2O were, for example, 100. He then reaches age 30, they could have dropped down to eighty. Come the age of 40, maybe they were sixty. Age 50, then could have dropped down faster than a pro's knickers, who knows, He then starts on a course of say, TESTOVIRON and ANDRIOL e.g. How can it harm him when they alone may have only built them up to around sixty again. But he will he feeling like he is 40 again and that is not bad. As he took more, he found his own level and knew that he was on enough gear to keep him going and happy. His youthful strength came back, his sex drive, his life. How can that he bad? He would have to take a shit load of gear to overdose, even then he would be miles away from that. Sense prevails.

Even if a man's testosterone levels are low bear in mind, has never trained and took a shot of gear every week or two, he would feel on top of the world. ANDRIOL for instance is the best that you can get for this. Being an oral, it is easy to take and has no ill side effects - period! No matter what the doctors, press or government say, where are the dead bodybuilders? I don't see them lining the streets as they said they would fifty years ago when they did not know what side effects would appear. Sorry guys, you have fucked up again.

We have to be careful when advising, is when it comes down to the young guys and girls. At ages under 18 ish, their own hormonal levels should be bursting at the seams. It is right that we should deter them from using the gear. Their results would be far better being natural at these ages. After the age of eighteen, we can only advise that if their gains are still coming

STEROID CYCLE FOR OLDER MAN - EXAMPLE

EIGHT WEEK CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Testoviron 250mg 3 Andriol	3 Andriol	3 Andriol **2iu's G.H**	3 Andriol	3 Andriol	3 Andriol **2iu's G.H**	3 Andriol
WEEK 2	Testoviron 250mg 4 Andriol	4 Andriol **2iu's G.H**	4 Andriol	4 Andriol	4 Andriol **2iu's G.H**	4 Andriol	4 Andriol
WEEK 3	Testoviron 250mg **2iu's G.H** 6 Andriol	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**
WEEK 4	Testoviron 250mg 6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol
WEEK 5	Testoviron 250mg 6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol
WEEK 6	Testoviron 250mg **2iu's G.H** 6 Andriol	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**	6 Andriol	6 Andriol	6 Andriol **2iu's G.H**
WEEK 7	Testoviron 250mg 4 Andriol	4 Andriol	4 Andriol **2iu's G.H**	4 Andriol	4 Andriol	4 Andriol **2iu's G.H**	4 Andriol
WEEK 8	Testoviron 250mg 3 Andriol	3 Andriol **2iu's G.H**	3 Andriol	3 Andriol	3 Andriol **2iu's G.H**	3 Andriol	3 Andriol

strong, leave off the gear. When they truly stop, well we cannot stop them, but the good advise is the best thing that they can get. Remember that especially if you have a young lad that has obvious potential, maybe in the gym that you are training in. Fuck the trophy cabinet, advise him for safeties sake and not glory. There are hairy arsed fuckbrains out their who don't give a rat's arse. There best advice to kids is to get on the gear, sod the test, That is sad, but it happens.

Unfortunately, impatience sets in, as does it for all or us, but with the young un's, we have to guide a little better. Their growth rate at 14 -18 can be tremendous because of their natural hormonal levels. Advising them to go on the gear at such a time could well slow down or stop their gains quite dramatically. Be careful please and leave them alone - period!

The suggested stack featured in this chapter is specifically designed for an older man and would give excellent condition, some good size and strength on literally any training routine. Personally, I would opt for sets of around 3-4, exercises the same per body part, each bodypart trained once per week - 3-4 days per week; that is, if you want good condition and fitness to boot.

Important Note:
I have included Growth Hormone for the first time here in this book but I will try and go a little further later on in the book. BUT I will not and would not advise the use of insulin; reasons given later. But to summarise, the stack given will give not only good size but excellent condition as well. It is by no means a big stack, in fact you could add to it and gain extra size and strength by adding Dianabol or Pronabol 5. This can added later. Andriol is regarded as the safest steroid in the world, it is one of THE biggest boosters to the male testosterone system. That is not official by the way, that is from personal experience and many others too. Try it and stand back - whoaaaaaaaa!

Please understand that there is no set age from which to start or end with steroids, they will work everytime it all depends on the amounts and what is used. What will happen though is if you are an older man and feel that life is slowing down a little, remember this:

LOOKING GOOD AND FEELING FIT IS THE BEST REVENGE OF ALL!!

Your question is to who? The general public; who basically do not give a

fuck whether or not you give up the ghost and die or not. They expect you to grow old and wither away to nothing and most of you allow this to happen - DON'T!

The training that you plan and do will give you the confidence that you want; the gear will give that extra boost in ALL areas no matter what ANYONE else tells you. And that is a fact. It won't harm you, it won't kill you but it will give you the edge and replace what you have lost or are losing with getting older - again, that IS fact.

Chapter 12

Supplements Plus

There are are basically three categories of views on supplements from the end user - meaning US!

1. Supplements are sold by the retailer with the sole purpose of making profit and not caring what the fuck goes into them in the end!
2. Supplements are an essential part of our diet when the end user cannot fit in a completely balanced diet.
3. Supps are not only a means of ensuring a balanced diet, but they are also a safety back up (because of their individual actions) when used in conjunction with the gear or sold by retailers etc

For those people who will go around thinking that ALL supplement retailers are in the bin for this purpose only; then they are on the wrong track. For many years now we have more than willingly advised on any number of other companies and their supplements, so that the person enquiring can be assured of getting the supplements they need into their bodies. After all, they are needed more than you realise. It is all important for all our customers and trainees to get results. We have done this knowing that it is essential that if anyone is using or even contemplating using the gear; supplements are a major source of back up fail safes. We do this because we are lovely people cute, and we go to church, (even if it is to steal the lead).

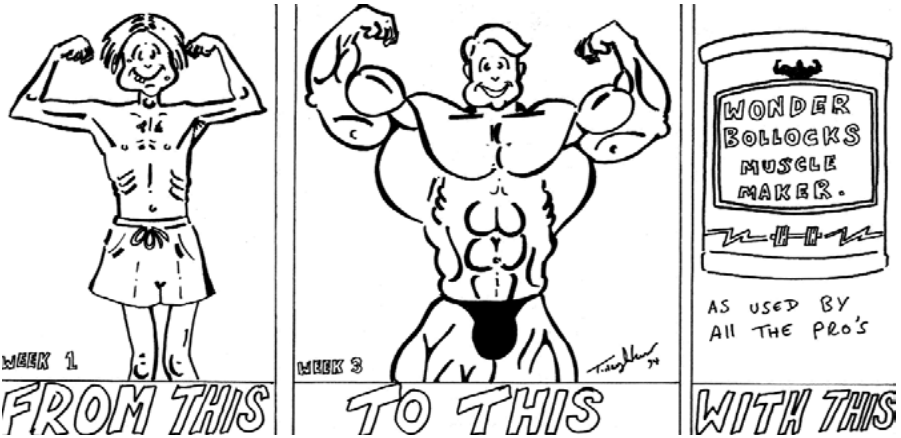
What we will not advise on are the new and varying products that suddenly appear on the pages of the glossy magazines. All these new wonder products look amazing and really attract the wondering eye in all sorts of ways. Trouble is once you have bought half a dozen of the new and varying wonder supplements, and piled them on the kitchen side, 9 out of 10 of you will have forgotten what the heck they were supposed to have done in the first place.

All I have read is maybe some shitty photo-copied article that has been written for the sole purpose of selling the product that you have in front of you. At least the NBC gives it to you straight - NO BULL. The point is this; you will buy almost absolutely fucking anything - without thought. Let me give you an example. OK, we can break down the amino acid complexes into the eight essentials, then the 3O odd other essentials; point is, each one does its own thing. Now then all it takes is some clever mother fucker to come up with some hair brained idea about yet another essential or non essential amino. With that they can convince you that IT ALONE can do wonders by either fueling a particular muscle group, decreasing the lactic acid build up of another, or slowing down the degenerative speed of muscle loss - fuck me what am I saying! See it even gets to me. Get the point though?

When we have run out of aminos, we will get onto the minerals, of which there are shit loads. Then maybe the muck off the side of a spud will suddenly give us a better horn - when will it all end. Thing is, all the individual aminos that you are using in seperate tubs with seperate prices etc, all come together in the end anyway! - So why not start at the beginning and use a full spectrum amino in the first place - Jeeeezus. A point is made.

The No Bull View - *(or blowing our own trumpets can hurt our necks!)*

Have you noticed something about our own supplement company - NO BULL VITS (no bull shit). It always seems to be months, even in some cases a year before we stock some types of items. There is a good reason for this. We could stock these type of items as soon as they come out and make a quick buck, the problem is that we WOULD NOT know what we were talking about, just like the many that do stock them. We would then lose the quality customers that we have taken 500 years to aquire - do I exaggerate? We are not prepared to risk that whatsoever. At least Mick Hart Training Systems can stand up and be counted as one of the companies who believes in what it preaches. Those who think differently -



fuck em anyway!

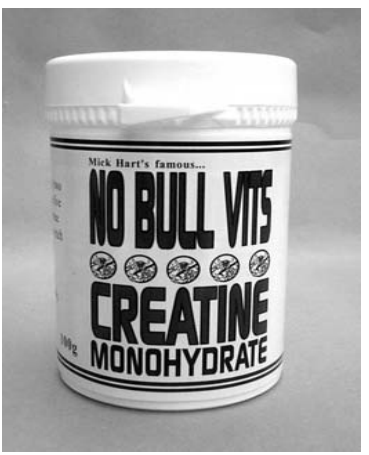
This type of commercialism sucks when you lot have to be told about it so that you can prevent yourselves from being ripped off. The most annoying thing is when a person rings me up and complains about a product that they have bought from somewhere, then asks me what it does. Their next step is for them to complain to me about it, the shit results that it may bring and bollock me about it! Bearing in mind that they will not have bought it frorn me in the first place - Twats!

Want another one! There is a guy who rings me up occasionally and his first question will be to ask me if have one of the new fangled supplements in stock. Bearing in mind that I have told him hundreds of times that I will not stock any of the new products until I have heard favourable results about it. This is not enough for him and he always asks why I don't stock the most up to date supplements. I explain yet again, that in order for me to give him 100% back up information, I have to know that such products work. He still continues to ask why. I tell him that for me to be able to stock these types of items, I, my company, has to buy, as an example, 500 of each one. Bearing in mind he may have been the only person to have asked about it in the first place. I suppose he has to ask. You see, by totally individualising all the amino acids, minerals and vitamins AND giving them a set time to take them AND a set way, we have no choice but to buy the frigging lot and have a go. By the time we have taken three times per day, seperately, we suddenly realise that we have got hardly any time to bloody train! THEN you will hit the crash pan, okay loo, and a great deal will be flushed away without you having ANY idea as

to what did what, when, how or to what bodypart! But if you must buy, and I am not saying that you should not, then do it this way in order that you can get the best deal out of your purchases:

1. Establish a KNOWN basis from which you can work from. For example choose a protein that suits you i.e. whey, whey & creatine, weight gain, 90+ etc and stick with it for at least a month. Do the same with AMINO ACIDS. Everyone has there own view as to what works best, free form or branch chain. I personally think that free form is the best way to go, however, others do not. Find the one and stay with it. You then need a good vitamin C capsule (around 3-4 grams per day), and a strong multi vit. That will form the basis from which to work. Bodybuilding takes a helluva lot out of us, more than we can imagine but it tends to creep up on us if you haven't already noticed. You can train great for a few days and then you seem to start slowing down, especially when nothing has been relpaced to take out what has been used up - it has to be replaced as what we do is to gradually wear away at our resources. Think long term and load up on the basics.

2. Instead of buying everything in sight, try a couple at a time and keep a diary as to what happens and any increases in strength, energy etc that you may have, note when and how much you think that the products had worked for you.
Creatine was a no no for me at one time, until I gave it a long run and tested it TOTALLY on myself and my son. I was really impressed with the results that I got. Strength increases, yeah, but I felt a lot leaner and yet fuller after using it for about a month. But it took that long to establish a feeling for the stuff. Same thing for Glutamine, the supposedly cell volumiser! Yep, after a few weeks I felt a little more volumised I suppose, but I need to take a little more time on this on for the time being.



The one that did impress me was Chromium Picolinate. This product was the subject of many tests by certain authorites and of course I was as sceptical as usual. It is supposed to reduce sugar cravings and it has been observed to support natural fat metabolic functions

and help the body more effectively use amino acids; leaner muscle, leaner body! In fact I found that it really did seen to hold back that need for the sweeties. Maybe not so impactish, but I did feel a difference. I found that my body was getting a little leaner as a result of using it.

3. Proteins: Whey has impressed me of late, in fact that is an understatement due to the results that it has brought on. I have found that by combining both normal milk proteins and that of whey, my personal mass / weight has increased quite considerably WITHOUT increasing my bodyfat levels. This impressed me a great deal. In actual fact whey protein is ONE of the easiest substances assimilated by the human body. This is perfect for bodybuilding.

4. Instead of pushing to many tabs and caps down your neck at one time, remember that more that enough, at first, is not necessarliy the case. Try to increase your intake gradually and you will then find the levels that suit you personally. It is no good wasting money and as I have said many times before, the toilet will only help to get rid of it as fast as you can too!

SUMMARY

It is true that a balanced diet will help the body a great deal, but it has been proven that even the best, well balanced diet cannot be enough to furnish us with enough of the vitamins and minerals that we require when in training, ne'er mind normal day to day living. We could not eat the amount of food that would be required of us - no way. This has been proven scientifically. As an example, I learned many moons ago that the amount of vitamin C that can be derived from a large Jaffa orange is good but not that good. In order to get 1 gram of vitamin C, we would need about thirty large Jaffas to eat. Please bear this in mind, I prefer to take about 4-6 grams per day, now can you imagine the amount of oranges that I would have to get through. ALSO I would be able to shit through the eye of an eagle at around thirty paces AND it would never touch the sides! My arsehole would be able to tattoo a person with one press - don't even think about it!! But you do see my point I hope?

Look at the bodybuilders of the past, OK, I know that they used the gear but they also used supplements to the limit, they had to. They knew that by backing up their training, diet, rest AND gear, they had to supplement with extra vitamins. They were right.

Chapter 13

Dieting Off & On Steroids

On or off the gear our diet's have to be as accurate as we can get them OFF the gear, we have not the advantages that we would have ON. That being, the main fact is that when on the juice, our bodies are screaming out for quality protein in order that it can grow. With this gear in us, our appetites can be increased tremendously.

Most think that by taking the gear alone, all of the protein, carbs and fat will turn to muscle - this is not so. Steroids will certainly boost the growth process but unless it is specifically designed to burn off fat, it will not do two jobs at once. This is why people get disheartened and come off steroids, only to pull it's results down - and us with it.

One question that I am asked more than any other and that is: *"I want to be as big as possible but lose all excess fat. I need to eat lots to get big, but keep getting fatter Help!"* Same question week in week out. Let me put the record straight: you cannot achieve maximum size without putting on some excess fat; you have to go over the required weight and then some more, so that you can lose the fat and reveal the hard muscle underneath - there is no better way to be honest. You have to eat a lot of food in order to do this. The main important point to remember is it has to be as higher quaility as is possible, that is if you want to reduce the body fat that you put on. However it will take a lot longer, but in my opinion, this is the way I prefer to do it. Eating at regular intervals, say every three or four hours, is the best way to go about it. Your body gets used to the fact that it has incoming fuel to be able to grow and have the energy to train. That is the big secret that everyone asks about; yes there is one and that is it - regularity!

A large percentage of bodybuilders prefer to eat and go over their target weight and then diet it off. It works but it is a ball ache, having to diet down so hard especially after getting used to eating so much food. That's hard, but it can and will give the body enough protein than it needs, then get rid of the rest. This dispels the 1g per 2.2kg bodyweight theory in my eye. Everyone is different and we cannot say what our levels ar until we

have experimented with many different percentages ourselves. OK, as a guideline I suppose that it is something for many to go on, but it has made many fat too! Eating over the top and gradually reducing the calories down bit by bit, you will eventually come to a point that will be comfortable on your stomach. You will find at that point that you will still be able to put on size, reducing the amount of excess calories and also reducing fat accumilation. Using measured protein powders in between or replacing meals, will allow you to reach quite an accurate table of calorie intake. On this type of mass eating system, I personally would recommend a ratio of 75% protein, 20% carbs and 5% fat. Being heavier will mean you will not need to be rushing around the gym so fast and you will be using low to medium reps. See, there is not a lot of carbs needed this way

The plus is that once the body has used up it's carb levels (which will be quick) then the body has to convert some of the EXTRA protein and fat to energy so it can work quite well. Personally I prefer to condition my physique as best I can BEFORE increasing the food intake - and very gradual at that. I do not like too much extra fat, because when I really bang it on I am afraid that I will not see my dick for a few months - or polish my boot tips etc. (I wonder how our Richard is these days?). By conditioning and getting rid of some excess fat before hand, it makes me feel good - mentally and visually.

Being such a handsome bloke, I do not want to hurt the ladies feelings and upset most of the general public - ahem! By gradually adding new foods to my diet, such as tuna chicken, steak. fish, eggs etc, etc at different times, I can see how it affects me fat and muscular wise. This is really the most fun way of dieting as I can still be staying in shape ALL through the growth period - plus I can stop whenever I want and perfect the condition and weight that I decide I want to stop at at any stage that I want. Being in fairly good shape and condition all through the growing process helps a lot. Plus being in shape through the summer AND winter months helps a great deal; the compliments from other people keep me training hard and all I have to do is remember being a fat bastard years ago makes me train even harder.

Have a Pig Out Day!
If you have to diet all year round and have come to the conclusion that there will be no rest from this way of life then there is nothing to look forward to, literally. Bodybuilding should be enjoyed AND looked forward to, but if we have to take that way of thinking TOTALLY then the sport has

about as much enjoyment as a wank in a sanded glove! Yeah, you can be disciplined without a doubt, there is no other way of doing it, but without anything to look forward to the sport becomes a shit streak that you want to wash out. This is where we have to put in a failsafe day - a pig out day if you like which will cause you no harm whatsoever. In fact, it helps to boost the metabolism a helluva lot.

If from Monday to Saturday you are watching your diet so well that it is the last thing that you fall asleep thinking of, then you need the break on the coming Sunday. It does not even have to be that day, pick any one. Personally, I look forward to it so much it makes me sharper wioth regards to my diet. Come Sunday, I take the day on and love it.

I start the day with a full breakfast - and I mean furking full! Eggs, can be fried, scrambled, poached or whatever my fancy takes. I follow this with bacon, mushrooms, y'know, the FULL monty. At lunch, the traditional Sunday is my main aim. Yorkshire pudding are coming out of my ears by the time I have done COVERED IN GRAVY (hang on a minute while I wipe my lips!) - you know the score. I still make sure that there is adequate protein going in, but enjoy the fact that chocolate, ice cream and the occasional gateaux is also slobbering over my taste buds.

I can sense the unbelievers out there shuddering at the thought of so much enjoyment and even worse, the guilty thoughts of the aftermass! What a load of bollocks let me tell you now! I can guarantee that not one extra pound goes on my body that should not be there. I wonder why then, my disbelieving friends, why ALL YEAR you can push your finger into my abs, in fact ANYONE OF THE SIX PACK and get about a half an inch depth - hmnnnnnn, jealous little bastards aren't you? But it is true! The food that goes in does in fact boost my metabolism so much that it is

hard to believe at times. My body feels that the extra sugar is a bonus and works even harder to get ot off. It has a break if you like - it also fucking well enjoys it too!

You see for the body to get fat and I mean fat, it needs to have that amount of abuse for quite a length of time. It needs, if you like, a routine. I am constantly doing things as best I can. Bringing up a three and a half year old boy on my own does make things a little more difficult, but training at least 5 days a week as well tends to kick the shit out of ones body as well.

There is no need to panic about having a day off - it will do you more good than harm and that is a fact. Also true is the saying, ".... a little of what you fancy does you good". I wonder if that little brunette next door understands the saying too? Hmnnnn, where's me slippers?.....

Chapter 14

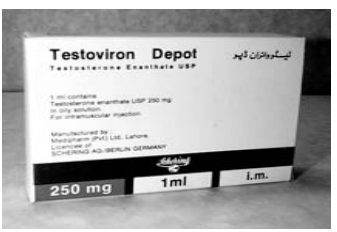
A Selection Of Steroids In Use To Date

Here is a seletion of some of the gear that is currently available and in use in the UK to date. There will be many steroids that I will have missed but I am sorry, I cannot cover them all. However, if there is one that you wish explained in greater detail, then please feel free to contact us at the main office and we will see what we can do to explain it further.

I have explained about counterfeits in some detail, but it is impossible to show all the crap that is currently touring the country. What I can do is explain the steroids as best I can without bull shitting you with scientific explanations that will want you to rip the page out and wipe your arse on it. The steroids featured are currently being counterfeited, I would be a liar to say that they are not. What I can do is again offer a service, which I have done now for years, to try and guide you away from some of the shit that is on the streets. But for now, please read on and ponder on the gear that is real and what it can do at least

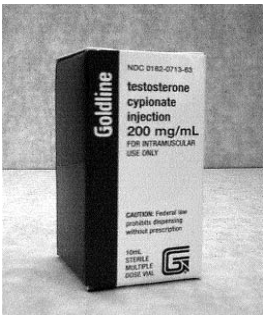
TESTOVIRON ENANTHATE - Mass & Strength

Still one of the most popular mass building steroids around and one of the oldest. It is highly androgenic and aromatizes quite easily in some people, others not. This is why it is one of those steroids that has to be tried first to see if it suits you. It does most and can put on a shit load of strength and size if it does. Recommended highly but the use of nolvadex is also highly recommended (nolvadex explained later). Very popular with strength athletes especially. The Shering versions from Spain, India and Pakistan are excellent choices.



It will fit in with most cycles and with most steroids but if water retention is a problem with you, then try with small dosages at first. Suggest 250mg every 5-7 days. More can be used but steady at first.

TESTOSTERONE CYPIONATE - Mass & Strength



Maybe more popular than the enanthate version but the choice is purely personal. It is an oil based steroid that can certainly put on a shit load of size and strength without a doubt. A lot of athletes started out on this one and built a lot of mass. It is a good 'un! A popular version is the Goldline Cypionate multi by Centaur. This is still outselling many other products by far. It comes in varying amps and multi vials, but I would suggest around 200mg every four days for maximum effect. Nolvadex must be used to avoid having nice tits!

TESTEX PROPIONATE - Mass, Strength & condition

Another of the testosterone family but one that is a mix of enanthate and propionate. It is a very fast acting steroid that can build size but also give the physique a lot harder look and feel. I like this one a lot. I would use this in both size and conditional cycles. It comes in many different dosages from 50mg to 250mg per ml. A good version? Try the Leo variety for the 250 and 100mg sizes. For the 50 and 100mg multi choices, you cannot beat Tesovit. Nice one. Suggest around 250mg every 3-4 days and again, nolvadex recommended.

TESTOSTERONE SUSPENSION - Strength & mass assistance

Now this is fast acting little product that can give a lot of strength indeed and that is why it is so androgenic. It aromatizes very easily. If used for a long period of time it will kick your balls into touch, however, they will come back into play most definitely and the power that can be derived from test suspension usually outweighs the loss of your bullets for a couple of days. I know a lot of bodybuilders that have used this before a competition and experienced a tremendous amount of hardness to their physiques. Personally I would be shitting myself if I used it before a competition, but that is me and I know my own physique, but the results have proven those that have used it before one, right. Dosages preferred around 100mg minimum every couple of days; some people use more with no problems, but at first, I would suggest the latter. A good make? Try Teston 100. Will stack in between most stacks that are size based.

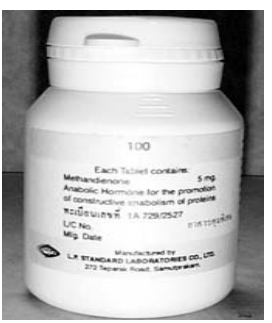
SUSTANON - Mass, Strength & condition

This steroid is made up of four different tests and each one is designed to give maximum strength and size results. With this you would expect a lot of water retention but this is not the case. It is also very fast acting with strength and size gains being it's main giver. Because the tests are given in small amount, the water retention is kept to a minimum. It is a perfect scenario and for this reason it is by far out popularizing the other tests.

It can, for some strange reason, be sometimes painful to inject; I for one have not had this problem. But for those that have, I would suggest warming the vial in say a cup of warm water, I use my coffee when the chance is there. This tends to stop the problem in most cases. It will stack with ANY other steroid and no problems have been reported to suggest otherwise. Dosages preferred are around 250mg one every five to seven days.

DIANABOL - Mass & Strength

It was practically the first steroid available way back in the early part of the century and it changed the face of not only our sport but many others, simply because it worked so well. I like to think that of the many years of it's usage before anyone knew about steroids and what they could do, how many records would have NOT been broken without it. I don't hear many of the anti steroid league shouting their bollocks of about erasing all previous records and starting again do you? That is because THEIR heroes wouldn't have done such a thing! Yeah, and I my dick dips in the toilet bowl when I am stood up too!! (Oh I wish, I wish, I wish).



Anyhow, this steroid is still shit hot at making muscles get up and grow - big style. As daft as it may seem, even the counterfeit versions that we have seen through the years have produced some fantastic results - and I am sorry but that is a fact! This steroid comes in 5mg tablets of both white and blue varieties and is still produced no matter what the unbelievers say for fucks sake. Do you think that a company would invent and produce a product of such popularity then stop just like that? I could happen, but don't you think that they would also be fucking well stupid NOT to allow

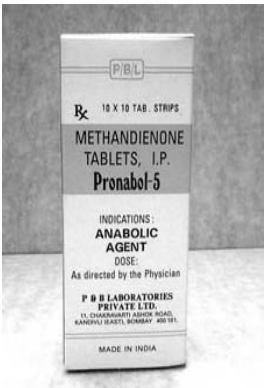
other companies to produce it if they cannot be arsed? Of course they bloody well would. Let's imagine that Esso invented petrol for a minute yeah? Well then, let's also pretend that Esso decided that they had enough and wanted out of the business - period OK. Do you think that other companies would not be interested in producing petrol under another COMPANY name? Of course they furking well would; same shit applies with a steroid. Other companies CAN produce the same product for fucks sake. This really pisses me off when someone calls me for advise and then TELLS me, not asks me, that a certain steroid is now NOT being produced because that company has closed down. It may be that the building had burnt down for crying out loud - thought of that. Fucking hell people, use it will ya!! Sorry, I digress, back to the steroid.
For a first time user or if you have been on the gear for years, Dianabol will definitely make you grow. It will stack with ANY mass orientated cycle but it will aromatize (hold water) if high dosages for long periods are maintained. I say this because there are many that do not hold water on the 'Bol and achieve FANTASTIC results just using it alone. It is s shit hot product.
The sensible dosage is around 50mg per day, however much more can and has been used. But, I would recommend that it be pyramided up and down during a stack and this way higher dosages can be monitored safely and easily.
If used along side other steroids such as testoviron, sustanon and deca for instance, get ready for some new shirts. Nolvadex recommended highly with it's usage.

PS:
I knew a guy years ago who actually fed his goldfish the occasional few dianabol tablets. This is a fact! What he used to do was as he was taking his daily dosage, he used to crumble a few tabs and throw them into the bowl - absolutely true. I called down to see him one time and he told me then showed me the fish that had to be transferred into the garden pond they had grown so much and that is no bull shit whatsoever. Mind you, I was even more impressed when I saw what was a fairground goldfish beat the fuck out of a £2000 Koi carp. Now that was impressive, well almost!

PRONABOL 5 - Mass & size

Of the same family as dianabol but this very popular oral tends to hold a little less water that it's sister. Again, this can be also down to the individual person using the steroid and also which other steroids are being

included in the cycle too. However, a very popular steroid that is becoming very hard to come by each year. PBL methandione from India is the genuine product here. Again, it comes in 5mg tablets same as the dianabol.



ANABOL - Mass & Size

Same as Pronabol. Different country - different name!

ANDRIOL - Mass, strength & condition

This steroid is my favorite. It is also the safest steroid around without a doubt. I prefer to take about 6 per day all year round more or less. It give me a lot of strength and boosts my sex drive like nothing on this earth, except for being whipped with a wet Woodbine and having a wamk with a glove with nails in - sort of! It comes under several different names but all are the same product; Restandrol, Undestor, Nilevar and of course Andriol. It is featured in the chapter on "Steroids For the Older Man" in this book.
Highly recommended for both young and old and will most certainly stack with ANY cycle that you can put together, be they for mass, strength or condition. It is only in the system for about 8 hours approx and so needs a regular top up. I take two or three split up three times per day. Each tablet is of 40mg strength.

ANAVAR - Strength & condition

Another very safe steroid which, to everyones surprise has been passed by the Americans as a safe steroid to use - it is alleged. This was a shock to say the least, especially when possesion of steroids is a federal offence in the US and is looked on as worse than the hard drugs that are around. I cannot understand it, but I respect their views I think.
I must say that even though they have reintroduced the steroid onto the market, it does not mean that they have allowed it for sale over the counter, but just agreed it is safe to use - I must point that out.

It gives out a lot of strength, not so much size, but when used inconjuntion with a mass cycle, it's benefits can be quite helpful and dramatic. The thing is that quite high dosages have to be taken in order to benefit from it. At about 2.5mg per tablet, 10-15 per day along with other steroids in the cycle is not uncommon. Very safe and recommended.

WINSTROL - Strength, condition & mass assistance

Otherwise known as stanazolol this steroid is a very versatile addition to any stack. It can be used in both mass and condition based cycles without problems. The injection is water based and therefore is in the system for only a few days or so hence the need to top up regularly; this is not a problem as it is very safe to use.

I use this one more than any other steroid around. If I am aiming for more mass or just trying to harden up, Winstrol will fit in with any steroid that you care to put it with. It is that good.

The other good thing is that if you are on a cycle with a lot of different injections included, your arse can end up lookin like your moms veggie culendar at the end of the day. With Winstrol being water based it is easy to inject. I prefer to put the jab into my delts and save another hole in my arse! (I was dying to write that - heh heh.) You will find out the pumps that can be achieved on Winny V can be quite amazingand if hit to hard, they can damn well hurt - bit I don't mind that one bit.

I would recommend 50mg every three days and even shorter if conditioning or pre-contest preparing. If the latter is the case, a shit hot combo would be say, Winstrol 50mg/1ml every 3 days, Primobolan 100mg/1ml every 4-5 days, with growth hormone and T4's as the main fat burners. Growth hormone being at 2iu's every 2-3 days depending on your pocket.

STROMBA / Stanozolol- Strength & Condition

Again, more or less the same as Winstrol except for the fact that it is in a 5mg tablet instead of the Winstrol tabs version of 2mg. Some people however have reported quite substansial gains on this

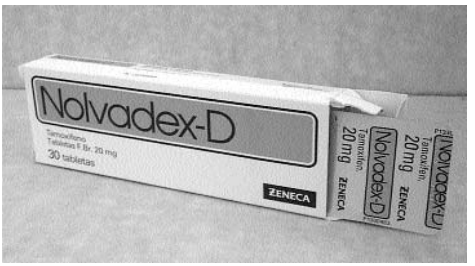
product alone. And, although I hate to say this, some of the generic versions are blowing away the original. Nice one.
Dosages at max of around ten per day, more would not be a problem but suggest pyramiding them over say a 8 week course. Good product without doubt.

ANAPOLON / OXY 50'S - Mass & Strength

Like I have said many times over Oxy's can literally make anything grow - if it suits you. This is important to note. Not everyone will get on with this steroid, I don't. It is basically the strongest oral available and the side effects can be heavy water retention, increased blood pressure, zits, attitude problems etc etc especially if the dosages are to high. Many do not listen and over dose on this powerful oral. The people that I have advised have not had any problems, well the ones that have taken the instructions and carried them through.
The best way to take this is over a five week period. At the present time, the Oxy's that are available are good, but tend not to be as strong as those of many years ago. The potency has been decreased obviously.

The tablets usually come in 50mg strengths. I would suggest that you start on the first few days on a half a tablet per day and at the end of the first week move it up to one whole one. On the second week move it up to one and a half during the first part of the second week and up to two whole ones by the end etc. You know the system by now. On the third week, try moving the dosage up to three if possible but before you do this, you will know if there has been any problems like I mentioned before. If so, obviously back off and down.
You can use this inconjunction with any other jabs in a mass cycle with no problems. However, like I say, ease in the dosages and see what happens as you go along. It is far better this way. I most certainly say that nolvadex should be used with this steroid as it aromatizes heavily and obviously is highly anabolic. If it does suit you and you get on with it, the strength and size gains can be phenomenal. It has been preferred by the strength athletes and off season bodybuilders for many years now. It certainly can make muscles grow out of a tomato - and then some.

NOLVADEX / TAMOXIFEN - Preventative



This little beauty has taken a lot of flack these last couple of years and it should not have been to be honest. It has, for your information, been proven to be able to assist in the curing of some forms of breast cancer in women and in other cases - cured! I said many years ago to watch out for it as it will be hitting the news soon.

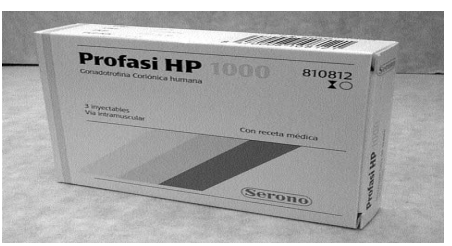
What it actually does for us is prevent the build up of estrogen, the female hormone, in men. When this happens, we can see the results of it by the swelling aroud the nipples and a soreness that is quite uncomfortable. This is due to the abnormal build up of the estrogen as I have said. This is know as "bitch tits" or Gynecomastia. I don't want to go into the scientific details simply because it would bore the shit out of the reader.

Basically, so's not to make this sound unimportant, it is vital that you understand that although there have been rumours that nolvadex may be able to cause a 5% reduction in muscle gains (which I think is a load of bollocks), you must ask yourself if that loss is worth it? Once gyne has set in there is no way it can be reversed, it has to be surgically removed. Now then ask yourself this - who gives a fuck about a possible 5% loss if there is one? Anyone want a nice black lacy bra?

A 20mg tablet per day usually takes care of most problems and the fact that nolvadex assists in the prevention of water retention, due to the aromatisation of steroids, stops the physiqiue looking bloated and fat. Prevention is better than a cure anyday.

HCG - Testicular Recovery & Strength

Real name Human Chorionic Gonadtroophin and derived from the urine of pregnant women. Used to kick in the testicles after a major shut down if steroids have been used heavily or that the person is prone to such problems. If you find that you have a problem getting an erection and you cannot "ring your girls bell" then I would suggest that around 1500iu's would be enough to start the ball rolling again. I would take



about one every two weeks in order to prevent such problems, even though there may not be any signs at the beginning. HCG can also give quite a boost to the users strength levels. This is not uncommon. HCG is not steroid.

DECA DURABOLIN - Mass, Condtion, Strength & Joint Recovery

I would say that Deca is the most popular steroid next to Dianabol. It is most certainly the most versatile product in our arsenal being useful for mass, strength and also during cutting up periods such as contests etc. It is a high anabolic, middle of the road androgenic steroid which was designed primarily for the relief of afflictions such as arthiritis etc around 1960 - ish. This makes it ideal for use during training because the pains that we can get in our elbows, shoulders etc can be quite a shit most of the time. I get a lot of stress in my elbows and delts especially and during cycles on this stuff the pain is dramatically reduced.

Note that if you are in a sport where testing is likely, steer clear of Deca as it can stay in the system for quite a while. I have known cases where it stayed for up to 2 years. However, the strength of it diminishes so the test would more than likely be a loss after a few months anyway. They would have to be shit hot to find it if they weren't really looking for it specifically. It will mix and match with almost any other steroid, jabs or tabs. Works particularly well with Sustanon, Winstrol (tabs or jabs) and Testoviron plus many others. Any further advice please contact us for details; if we can advise we will. Suggest dosage around 200mg every four days.

PARABOLAN - Strength & Condition

This is an excellent steroid for pre-contest preparation as it will not hold to much water, if any as it does not aromatize the way the other steroids do - although in theory it should. It can be used right up to a show date without any problems and stacks perfectly well with Deca and Primobolan. The condition that this steroid can give is quite amazing if the combinations with the other gear is gotten right.

Personally, I feel that it works even better with Winstrol than any other steroid as the size is maintained and the pumps are amazing.
It comes in 76mg amps and it's availability at the time of writing is pretty poor. But it will be back with a vengeance and a higher price no furking doubt. Suggest one shot every four days.

PRIMOBOLAN DEPOT - Condition

This is the only steroid that will work well on a low calorie intake which makes it perfect for pre-contest work. It is low toxic and so therefore can be taken quite regularly without any adverse side effects. Again it works even better with good old Winstrol. Suggest around one shot 100mg/ml every three to four days.

CLENBUTEROL - Condition & Weight loss

Great for ripping the fat of ya, but remember not to take to much as the shakes will rip yer dick off! I do not care what the general know alls say about taking 8-10 per day, a load of bollocks to be honest. You must know that it is best to take these at one or two at a time throughout the day, no matter what they say. I would suggest about 3-4 per day taken gradually. Some people can get quite good muscular gains from this product as well as losing fat at a good rate.

I must warn you that it is best to take this oral at four week intervals then come off for a week or two. The reason is that I, and many others, found that with continued use - no breaks - the fat loss can be reversed and you find that shit loads of weight can be put on in no time. I know it happened to me and I was shocked until I found the reason why. Pissed off, what!! I can tell you I could not believe it. I cracked it though by adding the tablets in at one at a a time as I said at around four per day. I came off after the fourth week and was back on after a short break. Phew I am glad that I found out what the problem was. I could not see my dick except for the shine on my boots!
But believe me, once you have got this one cracked, the fat can just rip off you easily - especially if you are watching the carbs. Another good tip is to take Clenbuterol about an hour before you train. I feel that the pumps are well and truly shit hot and the fat seems to flow off me like nothing else.

THYROID STIMULANTS - Fat Loss

At the time of writing the currently available thyroid boosters are T4's and Triacana. I find that the T4's are basically shit hot to be honest especially when used with growth hormone. I have NEVER in my life seen as much condition come about as with this combination. You will be surprised at the amount of people that should be on T4's as there metabolisms are mostly slower than a tortoises arsehole! I will cover the growth/T4 combo a little later but I can say that my physical condition has never been better since I have been using them.
The important note to lock onto here is that you MUST only stay on the thyroid boosters for about five weeks then COME OFF for at least a week. This way you will have no problems. Your body will not then get used to the tablets rely on them. You would find that your bodies metabolism will stay high and the fat will drop off.
Dosages on the T4's, I would say start on one per day and move up to two after a few days. Peak at the third week at around two and then gradually come down. It will work well.

EQUIPOISE - Condition & Strength

Not a lot to say about this one except that it has become a very popular steroid of late that has the same basic principles of that of Deca. Used primarily for pre-contest preparation. Some have said that it is similar to that of dianabol - I disagree although it can give quite good strength gains when coupled with higher androgenic steroids such as cypionate etc.

NUBAIN

See chapter on this product.

INSULIN

See chapter on Growth Hormone

SUMMARY

Well there you have it, a selection of some of the steroids that are currently in use in our country to date. If I have missed some of those that you wanted to read about I am sorry but I could be here all year writing this bloody thing. Anyway there are monthly updates in that fantastic publication the **NO BULL COLLECTION** which if you are into bodybuilding you

have got to be into the magazine that changed the course of bodybuilding as we know it. Fuck ‘em I will say it myself and they know it did!

Anyone interested in the magazine get in now you will not be disappointed. The mag contains stacks, cycles, information, training and basically a bigger version of what you are reading now!

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Chapter 15

Growth Hormone - Simplified!

There has been so much written and said about the growth that it is becoming quite boring now, and to be honest there is not going to be a hell of a lot written here as well but for the better part, I will explain my practices, results and success with myself and many of the champions that I have coached over the years - even because some of the selfish bastards would not admit it to you - ahem.

The technical bullshit and the chemical equations that some of us simple bodybuilders are coming up with really are beyond belief to be honest. They do not only stand need looking at they also take up a shit load of money and 75% of the day figuring out why and when we should be taking it. Before breakfast, after, in between, 20 minutes after a shit - you know the score. It has become, as I have said a ball ache now when it really is that simple to explain to you even for a dim wit such as myself.

In a nutshell what growth hormone does is say, “Well, I will take care of all the protein distribution around the body. I will send it to all the places that you are training and ensure that each muscle stimulated (or not), will get the right amount at the right time. Oh and another thing what I will do. Instead of you having to take in more and more carbs that can turn into fat - sort of - I will get my energy and make sure that you get yours from the fat already in your body. Is that OK? Hope so because that is basically what growth does. And it does it very well too! What it also says is that if you are going to use those steroids in this body, let them get on with the job that they should do and I will take care of the rest.

Growth even allows the muscle to accept increased nitrogen retention with the use of steroids also, and by letting them get on with their job, fights the fat battle whilst at the same time increasing the bodies growing potential phenomenally. It really is that good a product.

Side Effects
The scare stories that have obviously accompanied the G are, in theory correct in their knowledge - reference side effects. The facts that yes it

can produce enlarged areas of bone structure i.e. elbow joints, jaw line etc but this again is down to the fact that if you use to much - y'know what comes next. However, I have not known ANYBODY in this sport who has had even minimal problems with the G. These scare stories are of course based on fact but I do not know anyone yet who can point backwards with their elbows.

Cycling
Personal experience and also because the realisation of the unecessary complicated, scientifc cycles that people were coming in with every other bloody day, told me that it needed simplifying in order that it would fit in with my schedules. It work better than I could have expected - and then some.

The steroids that I was using where picked so that could still maintain and gain good size (enough for me), recovery and especially, condition. I like to say in shape as long as possible through the year for the up and coming summer months and the usual attractions.

The stack that I fitted the G in with was more or less the same stack as the one featured in Chapter 11. The differences were that I added Pronabol 5 (or Dianabol which was the easier) on a dosage which was 4 per day week one, 6 per day week two and then on to 8 per day to peak at 10. I then dropped it down again to four and the end of my stack by this time. I also put in 200mg of Deca every Monday as well to compliment the Testoviron that was in their too! I also added a shot of Winstrol injection

into my delts every other day or so and also 4-6 Andriol every day too. This was not by any means a lot. In the end, I was in the best shape that I had been in for years. Leaner, harder and gaining more and more size every day. The pumps were and still are amazing to say the least. But c'mon, you have to hit every workout like it is your first - there are no excuses.
I used two types of growth hormone; Nordatrophin at first, then I moved onto the famous KABI pens soon after that source ran out. I worked it on a 2 iu's per every other day system; just jabbed into the layer of fat on my belly with an insulin needle - it worked a treat.

I believed the theory that you shouldn't take carbs a hour before and an hour after, which meant in somes cases that I would wake in the early hours to have my jab. This was easy as I find sleeping a difficult task anyway. Again it worked very well indeed.

A Few Weeks Later.....
As is always with me, the growth hormone started to show it's worth and the results after a couple of weeks were, to be honest, absolutely *pheni, phenomen, phenomini* - fucking great! At first I saw a bit more vascularity than normal and then I felt the fat on my hips start to go down. I knew that the T4's (thyroid stimulant) would be kicking arse, especially with the growth, but the Winstrol 50mg injections were making me harder than a full blooded dick in cement! I love that stuff - Winstrol not dick! I took a shot every third day in the delt and the pumps on all body parts were bloody amazing to say the least.

OK I have experimented with sight injecting and can say that I agree it works in many cases, in some ways, but if you get a bad jab say in the leg or whatever, even with a small needle, walking like John Wayne would have been a pleasure. As it was, walking PERIOD was a fucking problem. Sometimes you can get a bad jab and others, well you know the score - they hurt anyway if you get 'em wrong.
Now then, what was it my old grandmother used to say, hmnnnn, I know, *"....a prick in the hand is worth two in my mush, that's about £4 in my town!"* Tut, she was a tart anyway.....? Back to sense!

Anyhow, the fat was ripping off me like nothing else and the muscle was left alone to get bigger and better. It was not being used as an extra source of energy like in most situations. This is usually the case when people find that they are overtraining. The carbs are being used up and

when they are (i.e. after the first 20 minutes of a workout) then muscle tissue is called up on as reserve energy as it is easier to convert it than fat - although fat is used as well. This is why you can train and eat well and yet still not grow. See what I mean? When the growth is not being used, the only way to combat this problem is to train enough and rest a lot. It is the only way to grow. It is no good using the muscle tissue for energy.

Mass or Condition?
Using growth in a less complicated way is much more enjoyable, easier and definitely safer. As you will read in the next chapter, adding insulin not only complicates things it means that you are playing 'Russian Roulette' with a substance far more complicated than you can imagine. You will inderstand more as you read on.

I can use the growth for mass or condition without a problem. Increasing my calorie intake with high class protein and inducing carbs at the right times (before and after training especially) make the job easier than you can imagine. Now where is the complication in that AND my life has not been in jeapardy one bit and I know it!
It is one of the safest things that you can use within the realms of 'chemically assisted training'. If I wanted to, I could stop on it for as long as my wallet allowed me to. The condition gained from its assistance within my training schedule is fantastic. I must stress the word 'assist' simply because that is what it is. The growth does not do the job on it's own, you have to provide the hard bit - growth just adds that bit of shine and you would love it.

Finally, for those in training using other sports where strength and physical attributes are required and also where there maybe testing procedures etc; growth STILL remains relatively undetectable! I am happy that it really pisses off the Olympic Commitee again and again. Hah!

Chapter 16

Insulin Usage - Good or Bad?

If you have turned to this page in the hope that you will be able to pick up the latest methods of taking insulin whilst training, then I am afraid that you are going to be greatley disappointed indeed. I am sorry, you have not been misled, hence the reason for this explanation at the beginning of this chapter.

My point? Well, I have been in this sport for many many years now and I am proud to say (touching wood at this moment) I have NEVER in all that time had any serious problems with taking steroids that could be regarded as news. The odd spotty zit, a lack of the old hardy har har, a headache from the tablets that a once spunk bubble of an arse hole dealer sold me years ago, that turned out to be something from his mums medicine cabinet throw out day (he ended up eating them all), but really nothing at to be bothered about.
(Ahem - please read the next few lines a couple of times as it is a JOKE and I want you to fucking well understand that please - thank you!)
I have had more pricks (needles people) in my arse than a second hand dartboard and Old Mother Hubbards pin cushion! (End of joke!)

Steroids, yep I know them just about as good as anyone around this shit tip world and that is a fact. Most of 'em know the scientific names off by heart better than me any day and can even recite their basic molecular structure whilst snapping their knackers together like a pair of Spanish maracas (spell?) but really, look at the picture of my face my friend! Does it look as if I give a fuck? I know what most gears feel like and what they do when they are in the body, what combinations and how they react in almost ALL cycles and stacks. Why? Because I have took them, trained on them for myself and hundreds of champs over the world. Hey, anyone can read a book and learn a word or two - agree?

What I can say is that I have not taken this insulin shit and trained on it. You can now ask yourselves how can he comment about it?"
I can, simply because I have seen so many people try and get their levels as close to the norm as possible. It is my own opinion and I am not giving

you advice on how to take it, I am saying that if you do, then here are the problems that CAN occur - and do! I don't know the totally correct or indeed safest way to advise on something that can cause so much problems to a healthy body when there is no need for it at all. Like many other people, I would seek the BEST advice possible if I could. Even then, could I be that sure? Of course not - that is why the margins are so small. Too risky me old sparras. Why fuck up the blood sugar level that is most likely working perfectly well? You have no idea how quick you can die using this shit IF you get it wrong. What price low fat?

I know the next thoughts of the anti-steroid league even before they have finished reading this bit. Could it be something like,*"How can he say that about insulin for instance when he (and many others like him) pump themselves full of the steroid shit that they do?"*
Easy really, please tell me why the streets are not lined with dead bodybuilders who have DIRECTLY died as a result of taking steroids? Anyone's hand up? Thought not. Now piss off please! Line up the heroin has beens and 'are nows will ya?. This should be fun.

There has been, however, many unfortunate people who have died as a result of taking OTHER shit ALONG with steroids and we all know it. The press get a hold of it and it's bye bye bodybuilding reputation once again. As we are about to look at the insulin problem as we know it now, I can say that there has been quite a few deaths because of it and yet we only get to know about it when a bodybuilder dies! How come?
Steroids were said to be so bad for us long ago even before anyone they had really tested them. They also said that we would suffer in time to come as we bodybuilders did not know what the long term side effects of steroids would be. Apparently, we were to suffer and find out ourselves in time. I think the twat who said that was writing the paper with his top lip stapled up. He or she, wrote it so long ago that I don't think that there has been anything on this planet that has had more of a chance to wait for bad side effects than steroids have.

Oh by the way, during the time that they were waiting to laugh there bollocks of at us and see us mutate into big bollocked crazy, headed psychotic sex crazed maniacs; steroids have been healing people as well for all these years. What a shit side effect eh? Ah well, I must away and check the size of my gonads and also get on with the task of explaining to you lot how easy it is for you to drop down dead quicker than a whores knickers if you are stupid enough to use insulin. Here we go.....

What is Insulin?
Millions of people around the world who suffer from Diabetes, rely on insulin every day in order to keep them alive. They need this because Diabetes occurs when the gland that lies behind the stomach, called the pancreas, fails to produce sufficient insulin which is needed to handle the starches and sugars (carbs) that we eat. These in turn are broken down to a sugar substance called glucose; insulin is needed to convert glucose to energy. If our bodies cannot produce it naturally, then many problems can occur. Please bear with me whilst I try and explain the care that diabetics HAVE to take in order to live an ordinary day to day life AND stay alive.

Basically what happens is that without the necessary amounts of insulin required, the levels of glucose in the blood rises and actually spills over into the urine which in turn causes large volumes of urine to be passed. The body, not being able to convert the glucose to energy, then becomes excessively tired. If this problem is not treated with insulin, several other symptoms then can follow immediately which usually are: extreme thirst, vomiting and drowsiness for a start.

'Hypo' Dangers
The extreme problem that diabetics have to watch out for is a 'Hypo' or an Insulin Reaction. 'Hypo' is short for hypoglycaemia which actually means 'low blood sugar'. I have been told that 'Hypos' can actually occur for no apparent reason but are mainly brought on if a sufferer also either does one or more of the following:

Takes more exercise than they normally would.
Eat less than the correct dietary allowance required.
Miss or postpone a meal or snack.
INJECT THE WRONG DOSE OF INSULIN!

I feel that this section is so important that all of the other symptoms need highlighting also. These can be as follows:
Blurred vision - excitement - tingling sensations in lips, fingers or tongue - weakness - confusion - pallor - hunger - nervousness - sweating - irritability and palpitations.

I have highlighted the fourth reason in the 'Hypos Dangers' section purely for the bodybuilders alone. Not to imply that the 1, 2 and 3 are no less important to diabetics, but they are NOT as important to non-diabetics as

is the last one to us (or any other non-diabetic sufferer of course). The main reason for this section on insulin and it's use in this sport is to explain simply that hypoglycaemia can be caused simply by getting the dosage WRONG!

One other terrible side effect from an incorrect dosage of insulin is that you could slip into a coma from which death can also occur. With the greatest of respect to all those who suffer from Diabetes, I have learned from my colleagues and friends who ARE sufferers that obviously life has to be changed around and it can be awkward at first, but in order to lead a normal life, all the proper procedures HAVE to be followed to the letter. They are advised and instructed in the correct methods of how to get their diets right, take adequate rest, eat adequate meals and snacks and also to administer the CORRECT amount of insulin required for the day. By doing so, life would gradually get back to normal. One can only guess that it can be a traumatic time to learn that one is diabetic, but one that can and has to be adjusted to I am sure.
All the day to day chores and tasks are there for a purpose - to keep that person alive and well. If they do all the other things asked of them they will have no real problems. BUT if the the insulin dosage is WRONG then they know that the shit could hit the fan. Are you getting my point yet?

Lowering Body Fat
Unfortunately, many people in the bodybuilding world (and outside of it) have taken insulin on board as the newest aid to achieving levels of lower body fat percentages that were never dreamt of before in competition preparation or general all round conditioning. The other main reason for it's use is especially as an assistant to growth hormone and it's use in training for body mass. There's no denying that it works and all to well at that. The problem is that most people INCLUDING MYSELF do not know enough about it to advise an absolute correct and safe method to assure the user that they will be fine.

A person could use insulin for quite some time and have no problem, but in reality, the dosages are measured in such a way so that the person who has actually has a DEFICIENCY can bring his normal body levels up to par just for the day ahead alone. On each day that persons blood sugar level could be high or low and so therefore the insulin levels must be adjusted accordingly as one could expect. Someone I know personally who is using insulin for training purposes only and is NOT diabetic has been rushed into hospital on two occasions so far with near serious cir-

cumstances. He has been lucky - so far! I have tried to explain that it can be that close a thing to get wrong that is it really worth the risk of dying rather than dieting that little bit longer?

It is as simple as this, if your calculations are wrong by the slightest margins you can die - period! You could fall into a coma and also die, the margin of error is that close.

Finally, you must consider this. Maybe one of the reasons you have bought this book is to find out different methods such as the usage of insulin etc. I am sorry if I have disappointed you but I cannot advise on something that I know personally we do not need in this sport. The risks are to high. Even if you were to consult your local G.P. and ask for advise on the use of insulin whilst bodybuilding, he too would not be able to be that accurate.

Should the pro's deem it necessary, then that is up to them. To be honest, life at the top cannot be that good especially when living on borrowed time is not an option.

Chapter 17

Nubain - The Sad Intervention

I like to think that I can look at just about anything with an open mind. You know, to have a view on life that can accept most things can be quite a challenge at times - also sometimes amusing too! I can honestly see the funny side of things where many people can't. Maybe I am sick, maybe I just don't give a fuck what people think.

OK, I know I have a dig at times, why not, I am pulling the spades out of my letter box on a daily basis, again who gives a .....
I was determined to write this piece after a conversation, with a colleague and very good friend, on the state of bodybuilding in Britain today; namely the intervention of harder drugs into our sport.
Now let me make one thing clear here. I have never, NEVER touched hard drugs intentionally IN MY LIFE and I have no wish to try whatsoever. I also would like to say that I have no intention of upsetting the people that do take them - that is their choice - but what I am going to do is explain to you people just what hard drugs will do to our sport - in my opinion.

Nubain
This product was introduced into the sport a few years ago with forward claims that it would give perfect gains in muscularity, a leaner physique and a boost to the training session like never seen before - it did!
People reported fantastic training sessions and very soon were coming out of the gyms looking harder and sharper than ever before. It changed the pre-contest preparation procedure on it's arse - and then some. What the people did not realize was that after their first INTRAVENOUS jab, they were HOOKED - PERIOD!!

Hard drugs had finally hit the bodybuilding scene in a big way Little did they realize that by assisting it's entrance, they had started a cancer that WILL inevitably destroy the sport as we know it. Do you think that I am fooling? Read on.

Captive Audience
Many of the top competitors, dealers and officials are totally hooked on

this shit. With little chance of coming off. Apparently, the downer (come down) effect of Nubain can be terrible, frightening with a paranoia factor to be reckoned with.
I have said earlier that I have never taken hard drugs intentionally in my life - this is so. What happened was even more horrible than I could have ever imagined
One evening after a fairly good night out for a change I returned home after feeling quite dizzy and sick. To be honest, I was also feeling quite high. A buzz that I had never experienced before. Shit, I thought, that bottled Pils can be the mutts nuts at times. Whoaaaaaa!

I did not know that I had several drinks spiked with Speed, in fact over 6 grams was the amount the hospital had estimated. I will NEVER forget the 24 hours that followed as long as I shall live. This was back in 1996.

Not knowing what the hell was happening to me after getting home, I just thought that it was a beer or two to much - no way. Neither myself or the person who was with me at the time, knew what was happening.
I suffered delusions of a nature that will live with me forever. I could not stop crying nor shaking and the fear of simple thoughts nearly led me to suicide that evening. It seemed that the only way out of the pain and fear that I was going through was to take my own life - the very thought of release was actually calming me down. Alas, a simple punch on the cheek from a wimpy friend saved my life - literally. For that alone, I will be eternally grateful to her.

Warning
My dear God, I was so scared. It is hard, even now, to think about that evening without the slightest bit of fear creeping in. So the fact that these people are hooked on something that can cause a "downer" equally scary, makes me feel for the poor bastards like I could never explain.
I feel for them because I am 99% sure that most of them DID NOT know what the outcome was to be. Nubain is opius based, like heroin. Once jabbed you are literally hooked and FUCKED!
Chasing dreams of the perfect contest preparation would have took them clean out. It was and is basically a trick. They are now wondering why they cannot get hold of Nubain - simple, it is now being held back in order that the price shoots up - and it has apparently. Now you lot are doubly knackered. Don't want to say I told ya so - but I will.

The Future of Bodybuilding?
This is in jeopardy without a doubt. Every thing that a bodybuilder does now, has been and will be linked to anything to do with drugs - especially the harder ones. We do not need this!
The media just love to get a hold onto something like this. Of course they will add a few chapters and generally fuck things up again, but bad press it is and what we shall get.

Who had the fucking stupid idea of putting bodybuilding into the Olympic Games eh? Can you imagine that for a fuck up. There would be so many urine tests it would not be worth putting your dick away. The I.O.C. (International Olympic Committee) and the Sports Council (Silly Cunts) would have a field day! (Get it - Field day - oh balls then!)

We have enough problems without having to worry about more shit coming through don't you agree. But if you have to shoot up on HARD DRUGS in order to get you through a workout, then it is all over for you in my opinion.

Ultimate Orange
Another fuck up is or maybe was, Ultimate Orange or it's fancy named competitive counterparts. This shit is packed to the hilt with Epherdrine Hydrochloride - basically a very mild form of SPEED! This is bad enough and totally useless in the bodybuilding world in my opinion. Why? Well OK, you can boost a workout but what you cannot do is; sleep, make love, think straight, drive or basically anything else. You just sit there - shit faced. That's bodybuilding?

Fear
I honestly think that bodybuilding will become outlawed to such an extent that we will be surprised and not to long into the future too! It is up to us to get things right or at least as best we can. I recall a letter from one RON BALL, a good friend and an excellent writer to say the least, with regards to the motor bike laws. They have been changed so many times to make the riders suffer times over. Are they trying to make biking that much harder they will stop riding altogether? This is a good point by Ron which was published in the NO BULL COLLECTION a few issues back
.
By allowing the integration of such hard drugs into the sport of bodybuilding, we are leaving ourselves so wide open to the media wolves, we would well deserve it.

There are so many people in the BB world that DO NOT want harder drugs getting established even further, but I fear that it is to late. I for one will not be joining those poor bastards in their entrapped world of happy and sad hallucinations - guaranteed!

Reflections
Looking back now in the past at the sad deaths of such people as Leah Betts, the girl who took the bad Ecstacy tablet; can only, or should only strengthen the case of trying to keep the hard drugs out of the sport of bodybuilding. Okay we know that she took it of her own accord, but as a colleague of mine once said with regards to the Ecstacy that is circulatiing around nowadays, "Profits are replacing lives. The "E" of days gone by are gone; nobody matters now, only profits". He is also dead! That is one sad situation and one sadder attitude.

I think that the loyal and genuine bodybuilders amongst us will have the strength to resist the temptation of these killer training boosters as they are viewed on. How on earth can anyone train, properly, when you are so shit faced that holding a bar up alone is literally impossible. That does not become a enhanced workout; it becomes a ticket to oblivion.
I have said it before and will say it again, steroids ARE a temporary aid to training where the results of extremely hard work will produce the desired result - quicker. Products such as Nubain, used in training, are a definite first step into a situation that in 9 times out of ten, there is no coming back from without a doubt.

We do not need the extra arse kicking from the press. We are being outlawed enough as it is and to be branded as TOTAL drug freaks is a banner that we do NOT want to be waving. I think that most of you will agree. The kick that I get out of training is far better than that of taking Nubain of that I am personally sure of. Yep, I am hooked - on the fact that having a physique to be proud of can be more rewarding than one can ever imagine. Whether I use steroids or not, the end results are just the same except for the fact that with the aid of SAFE chemical science, I can do the job that little bit quicker. That is most probably the leading factor why I use the gear - sheer impatience. I want to look good now, not in a couple of decades. Makes you think yeah?

Finally, I would suggest that if you think that you are hooked on Nubain, seek help NOW! Call a drugs clinic and get the best advice that you can. I am sorry but on this one, even I cannot help you except to tell you that

should you be going through a similar experience of that which I did personally, I feel for you because even God did not answer my prayers - even when they were screaming out of my mouth. May that day never return as I wish that you find the peace that you will now be begging for.
Hang in there and get help - NOW!

The guy who introduced this product to Britain, obviously did not realize the implications of his actions. If he did, then good God help us all. What a sad bastard.

** Extract from "NUBAIN - No Gain All Pain" reprinted and revised by kind permission of the NO BULL COLLECTION*

UPDATE
Since the NUBAIN article was published several years ago now, the situation regading Nubain has seriously increased in many ways. The general bodybuilding public will not have noticed and maybe never will.
Some of the countries top pro's, were and are, so hooked on the stuff that you would never believe it. They know who they are and it would do no good whatsoever naming anyone - the situation that they find themselves in is a sad one, but their business after all.

What I can say to those who are or have considered using Nubain, for God's sake don't. I know that you are in for a world of pain and despair. I am not a deeply religeous man and maybe you are not too, but I can say that you would wish that there was a God with you come the day that you are begging for some kind of relief. I pray that you do not get to that sitaution.

We always say, *"..... training is to die for!"*

Think again?

Chapter 18

Recovery Factors - How Important?

Training one bodypart per week, especially a few years ago, would have been out of order for me totally, also for my clients. But after many different experiments, trials and tests I was converted but not after re-thinking a few things about the recovery aspects and it's advantages. Here are a few examples.

Hitting one bodypart per week did not seem enough at all, especially when you are trying to grow. As I have said many times, and always will the best workout for size IS the three day total body system without a doubt. BUT after sometime (and it has been tried and proven) the two systems started to meld together like nothing else. It meant combining the two a piece at a time and most important, being patient and hanging in there

THREE DAY
As said, the three day will stimulate growth like nothing else but it's advantage is down to the fact that the forced rest and recuperation that you SHOULD be taking, does really boost growth after forcing the muscles to go through as much pressure as possible. Pyramiding weights and increasing by 5 -10Ibs at a time is a sure way of increasing size and strength - that is widely known. Many trainers do not realise the advantages of rest, taking instead the view that more is better; which in fact is not the case. This is most definitely the BIG secret that people seek and yet many do not find.

The advantage of the three day system IS the fact that, if adhered to correctly, after being stimulated the muscles have no choice but to grow and recover. Think about this, most who first start out in training and use this method DO grow at a phenomenal rate for the first two or three months and then as the size and condition starts to hit home they are so chuffed; as can be expected. However, the next mistake comes into play. Because they feel that the gains are so good, the belief is that more should be done - and is! Wrong! This is when the plateau is hit and the gains stop.

Usually, this takes the form of many different methods. These can be

either, more reps, more sets, both, extra exercises (especially on arms), less on legs, to much aerobic work, training *just a little* in between the training days. This kills the system totally. Most give up or move onto another system like spilts, where they can blast away even more at the muscles which still cannot recover enough, unless they are allowed to. Sad but true, it is a learning process that unfortunately takes quite a long time to find out about and a think about the time wasted and the gains that COULD have been made!

TRAINING

Of course the muscles worked have to be hit hard - and on EVERY bodypart worked. Using the three day as an example again, the work load has to be spread out as fairly as possible in order to maintain balance - which is ALL important. No one wants to look like a golf tee especially if the legs are not worked. They bloody well need it because working a muscle group such as legs helps stimulate growth all over the body; even more so on chest because of the increased air taken in through it.

Using the recovery advantage to it's maximum is the most important aspect of this subject. I agree that the diet and the training follow closely but without maximum rest you will hit that wall - without doubt. You must remember that it can be used with any system that has been invented. Those who do not feel that they are gaining must look to this part of there training before any other.

If we take the split system shown for instance, (which has proved to be very successful) using ONE bodypart per week, we can look at the ways that it can be utilised.

Every four or five weeks, each bodypart will be worked TWICE in that particular week. Each group that falls into this category would obviously start on a Monday to be done again the following Friday. This is not a disadvantage, but an advantage. This is the time to really hit that bodypart hard to take advantage of the fact that come the week end, it will have had plenty of time to recover, plus another day or so. This helps a great deal. Remember this, if for instance the arms have been trained hard and the next days workout is BACK e.g. the biceps are STILL being worked - indirectly AND directly. See now that the maximum amount of recovery is vital for growth. Same thing goes for chest. When this large group is hit, so are the triceps. Another? Delts and Triceps! They are all getting hit hard not only on the days when they should be, but on their off days as well. Maximum recovery is vital for growth.

WORKOUT - ONE BODYPART PER WEEK

Try this system for at least one month and you will be surprised at the results. That is IF you utilise all the facts that have been given. If you are on the gear, Ok, no problem - it will only help the recovery. But remember, the gear, whatever you use, will not make you recover enough if you are constantly blasting away at one particular bodypart more than twice per week. If you should do more than that, your workouts should be done over no more than half an hour. Even that may be to much. However, some people can and do thrive on more work than others, but they are a small minority - this I know, but for now we will work on the higher. Note that you can start with ANY bodypart at the beginning of the system - but stick with it.

FIVE DAY WORKOUT

MON	Legs & Delts
TUES	Chest & Delts
WED	Back & Delts
THURS	Triceps & Biceps
FRIDAY	Legs & Delts
SAT	Rest
SUN	Rest

I know what you are thinking, to much delts - NO! This is done to spread a bodypart which gets a lot of work anyway. All you have to do on these days is say, 4 sets of lateral raises on Monday; 4 sets of press behind neck on Tuesday and maybe 4 sets of rear delt work on Wednesday. This will not overwork them but save you time in the long run. You will also find that the gains will come quicker too. You can even try putting the delts BEFORE the main muscle group; this will help in warming you up for the big push, especially on the leg day.

On Friday, the last workout, in this instance would be Legs & Delts; remember that come the following Monday, you must start with the next workout following, which in this case would be chest etc. This follows a fluent cycle that enables each and every body part to be worked out hard. When the time comes for a group to be worked twice - each gets it's own. It is nice and simple, but needs to be left that way. DO NOT worry about overtraining as it will not happen IF you stick to the way it is written down. It will work.

INTENSITY

It is important to remember that the main groups to be worked must be WORKED - hard and intense! No bullshit here, hit the hell out of the muscles. They are going to need it simply because they are going to get a good enough rest after their ordeal - if done right, they will need it.
My training partner Chris and I, have been absolutely bolloxed many times after finishing each workout, when we were on it. You must make yourself deserve the pain, deserve the pump and deserve the results. No one said it would be easy. Even after only ten sets of leg work, we were walking towards the water bottle like John Wayne AND not being able to stop a pig in an alley. Shit it hurts when you want it to - and we want it. So should you.

Don't kid yourself, we don't. OK, on the gear or not you have got to realise that this game is not easy. If you think it is, get out of it. We take enough shit as it is and we do not need anymore. You got into the game to be either big, strong, conditioned, athletic looking, whatever the reason, but without that drive and determination in your heart - forget it.

You are not in a sport where you can give up that easily, that is if you are made of the stuff that you think you are. There are many aspects that swe have to consider in order to succeed and we have to take them on or just forget it.

We involve our whole families; our social life is changed in order to accomadate the little time that we spend in the gym, but that is the way it is. Bodybuilding is HARD and I am glad that it is. It takes more than a strong will to achieve what we call perfection. Even when we think that we have reached our goal - we know that there are steps that we have to take to go even further.

Again, I am glad that those steps get even harder. That is what makes a bodybuilder a true bodybuilder, and that is to be simply.....

PURELY DIFFERENT FROM THE REST

LIVE IT OR LEAVE IT!

Chapter 19

A Question Mick?

Q Is it true that I should be doing about 5 sets of fifty reps a day to get good abs? My friend says that it is the only way to get a six pack. He uses a lot of weight behind his neck when he does them. Should I?
Antony Darley,
Devon.

A Your friend must be one of those people who goes out and buys those S.A.S. survival handbooks that have suddenly hit the scene. You know, the type that runs a mile with house bricks in an old haversack and rips rabbits heads off with the crack of his arse. Then goes to the pub at night and tells everyone! He is a twat! There have been some fantastic abdominals cut without resorting to such methods and without ballsing up your workout due to a lack of energy lost during ab training.
A few sets of crunches, leg raises, bar twists and light side bends every other day will build a nice set of abs gradually, but guaranteed. As for the weights shit, thinks about this. What happens when you regularly lift weights with your arms AND increase the weight? Right, your arms get bigger. Now think about it with the waist. Same shit will happen and the upper abdominal will stick out more than a blind cobblers thumb. Again I say that your mate is a twat! Lastly, remember that it is not pure reps that will show a good set of abs - the lack of fat around the waist also helps. Think about that when piling the calories on! By the way, you can also get six packs from the Co-op; there is a special on at the moment!

Q I have always been wary of steroids but secretly wanted to try them. I suppose that the media have scared me into believing some of what they say. Could you tell me what steroids could I take for a first time experience and what they would be please? I am a little over weight and need to lose a few pounds.
Alan Ditch,
Derbys.

A I can understand that you have been misled by the media, that is not your fault, but you will believe what you want to in the end anyway. However, if you are not worried about jabs, I would suggest that you go for Primobolan Depot jab, 100mg, every five days and back that up with Anavar starting from 3 per day moving up to 8 after pyramiding it a couple per week. Say, 3, 4, 6, 8, 8, 6, 4, 3. This would be 3 a day for the first week; 4 for the second week etc, etc. You would have no problems with this stack at all. What it would give you would be some condition and a fair bit of strength. Anavar would do that on it's own. Both are very safe steroids to use. Clenbuterol would be handy to use as well to assist fat loss. Try 2-3 a day, splitting them up throughout that day, not all at once as most would have you believe. Stay on for about four weeks then come off. You must does this as your body gets used to it and if you stay on them to long, the opposite can happen and you would find yourself putting weight back on!

Q I am 65 years old Mick and I bet that you think I am being daft but I want to start training and get a bit of shape back. Do you think that I am to old?

George Bassett,
Rotherham.

A Not a prayer mate. Get yourself down to a GOOD gym and get stuck into it. In any case, I would get a check up first so that you feel OK and the gym that you go to will also. It is only fair and safe. There are many trainers that I know who have started older than you and are enjoying it. Getting blood pumping faster around the body and clearing out some of the crap on the artery walls will not only feel good it will do you good. Get in there and kick the crap out of it - but most of all take it steady at first and enjoy it. You will feel a million dollars after a few days, guaranteed!

Here are some actual facts for you. After the age of 18-20 your own growth hormone (GH) levels start to decline over the coming ten years or so. From the age of about 30 ish until you kick it (die) your GH is at it's lowest. Also after the age of 18-20 ish, your testosterone, thyroid, DHEA hormones also start to take a drop faster than a whores knickers too! The only way that you are going to grow after 40 years old is that you have to raise to the same levels that you had way back when you were 20 years old - right? This can be done in several ways:

1. By regular injections of growth hormone.
2. Regular jabs and/or tabs of testosterone and
3. By taking extra DHEA tablets.
If you do this then you will grow - definitely, and you can quote me on that as fact! You will also get hornier than a bull frog in heat AND you will also DEFINITELY feel younger. That is ALSO fact. You CAN take that to the bank as well. I said bank not wank!

Q Do you think that training at home and taking steroids will work as good as it would if I were to train at a commercial gym? Is it worth it and how could I start off with my equipment etc. What would I need?
Nigel Hainsworth,
Bude.

A Why not? Do gyms have some special air that makes you grow faster I think not. The only difference would be that you could maybe partner up with someone who could push you that bit more and maybe give a little encouragement here and there, but otherwise, er, no! You would be surprised at the amount of people that have started out in home built gyms, amateurs and pro's - and still do! I started out in an old out-house cum coal shed and built my gym equipment from old bed-steads (angle iron) and also from pinching the crap 'men at work' road signs that were, er, lying around. The size of the angle iron was perfect. Sorry council. I preferred training at home and still do because if I cannot motivate myself, how the furking hell can I expect anyone else to? If you feel comfortable at home mate - stay there. As for the steroid question, well I know that they are not fussy what place you train in but as long as you do it as hard as you can. That one is easy.

Q What does "generic" mean? I have heard so much about it with the gear. Is it a company name Mick?

Pete Hunter,
Wirral.

A I get this one a lot so I will explain in basic terms. Let's say that we have a named brand of say baked beans, Heinz if you like There beans are the best in my opinion but it does not mean that Heinz are the only ones that produce beans. If they were to go out of business,

would beans as we know it stop? Of course not. Most of the larger supermarkets have their own beans canned, which can be as tasty as the original, but they are beans all the same. Getting it so far?
It does not mean that the beans are not real, they are, but not produced by the bigger more household named brands. They can be a 'generic' copy if you like. Does the same job, but differently boxed! In most cases, much cheaper too. See what I mean?

Q Does site injection work in your opinion Mick? I have heard so many different theories that I am not sure which way to go.

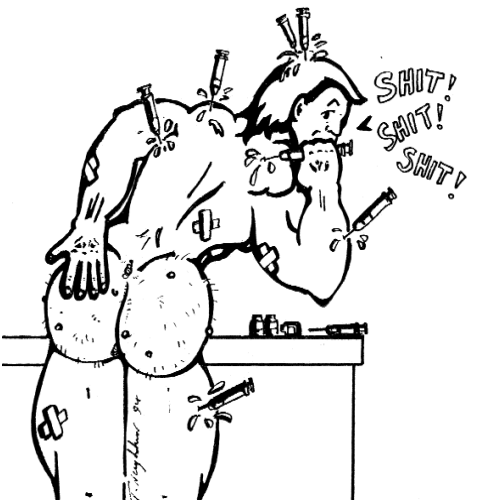
Dean Norman,
Ohio, USA

A At one time Dean, I would have said no I don't believe it would as the jab or tab is basically pumped around the body and distributed according to the bodies requirements. And I will say that no one is an expert on this one no matter what bullshit they come up with. However, over the last couple of years, I have experimented quite a bit and have come up with a few new thoughts on the subject on it's behalf.

I found this method to be more beneficial using faster acting steroids such as Winstrol, Propionate. Viromone, Masteron etc. These particular gears worked quite well to a great extent. I found it so, especially when the pump was so intense. For instance, If I were to be training arms, delts, chest etc, I would jab into the delts only and for legs, obviously, I jabbed into the leg. I would not jab into biceps, triceps, calves, etc no way. Not because of the pain of jabbing, but because of the lack of training I got if those area were so sore I could not!
Jabbing into the areas I did, worked quite well I felt and saw, but in very vascular areas such as biceps, no way, to risky and painful. Having

said all that, yes I was impressed with some of the results using faster acting steriods but not so with longer acting oil based ones. This is certainly a personal opinion and I am extremely happy with the results; as was my trainees. But the jury is still out on this one mate and all I can say is that trial and error will give you the best answer to your question.
I remember when I was fortunate to have spent an evening with the great Tom Platz after a seminar he gave over here. I asked him about sight injection and he said that once, he told someoe that he preferred the Z method when injecting. I asked him to clarify. He said that, in a joke, he said he injected himself in the leg making a Z pattern with the needle. He meant it as a joke, but after a while, allegedly, it was round the circui like a flash. He basically said oops, and laughed. People can be so gullable but he put the rumour right in the end. Amazing how things can get round so quickly.

Q Mick, sometimes when I jab Sustanon into my butt, it can be so painful I have to stop. What is it with this steroid, have I got a counterfeit? I have sent you one to look at - what do you think?
Shane Aspeth,
Gillingham



A Nope, the shot that you sent is a good one, no problem with Organon Sustanon. It is one of, if not the best you can get. The thing with Sustanon is that it really can be a shit to jab sometimes and to be honest I do not know what the fuck it is that causes it! What I do know is how to stop the pain. What you do is to make sure that you get the fluid up to body temperature by either holding it in your hand or bette still, placing the UNOPENED vial under your armpit and keeping it their for about five or ten minutes. The oil will become warmer and flow much more easier. This will stop the pain, well it does in most cases, there is bound to be one that it will not work for. I highlighted the UNOPENED bit earlier for one reason.

I was asked this question by a guy at a talk I was giving some years ago. I told them the same thing, warm the oil under the armpit etc. This twat was opening the vial and placing it under his arm thinking that the oil would get warmer quicker. He called me to complain reference my advice. I just sat down with my face in my hands, muttering something like, *"Dear God, why one per day - why?....."*. It was at that moment - I cried !

Q I am getting a sharp pain in my lower bicep and I cannot seem to shake it off - what do you think? I get it on most lifts but not in the bench which is strange? What could be the cause do you think?
Alan Dwight,
Surrey

A Betcha a tenner you can also do press behind neck with no problem too! This means that you will most probably have pulled or tore your front delt. Strange but true. The lower bicep always feels the strain after such an injury. You could have twisted your arm whilst doing something like biceps curls with dumbells or even a barbell. Lateral raise can also be a swine for this too. I would suggest that you continue to train the areas that hurt but LIGHT and CAREFULLY. Doing this will maintain a flushing effect of blood and eventually clear the torn tissue away and refresh it with new blood that will repair and heal the area easier.

Gradually pick up the weights and break it in slowly. There is nothing worse that having to stop, however, should the pain continue to get worse, then you must rest and let the area heal. It is the only other alternative.

Q I am an athlete not a body-builder but still occasionally use the juice as you would appreciate. But my wife and I are considering starting a family. I am on the gear but I am going to come off anyway, but having been on, will it affect the baby if she gets caught? Can you help Mick?
John Smith, Chicago

A Yes, I would be happy to but you first you have to tell me three things please. The first is what times do you train? The second, does your wife like a tongue in her ear? And the third is, just how fast can you run? Heh heh, sorry mate, just, er, kidding - ish!
Look, Barry, I have four kids who ALL were more or less concieved when I was using gear. They are all perfectly formed, strong, healthy good looking kids. The only thing that the gear can do to you is lower your sperm count, it will not harm the baby in any way. Having an abundance of testosterone will not bother you, your wife nor the child. Take that as fact. OK, I agree that if you come off the gear the chances of your wife getting caught MAY be better, but personally I could throw a tennis ball into the air and get it pregnant even when I am on the gear.
Two final things John, is *Smith* a very popular name amongst athletes and the second, I hope that you are not a hurdler 'cos you would be for the 'high jump' if you are!! (yeah I know, I write this stuff and I cannot believe how good it is too!) Only joking mate, besta luck to you and your missus. Finally don't forget to tip her upside down afterwards. You know it makes sense - I think?

Q My calves have always lagged behind due to the fact that I have not trained them very much at all? If I did start, would it be possible to get away with training them maybe once per week, or even per fortnight? I simply hate the painful feeling that I get after I train them.
A. Marsden,
Lancs.

A Do you know mate, I had nearly gotten through a full box of tissues after reading your letter - yeah nearly a full box! Then I thought, nahh, bollocks to him he is a mardy arsed piss flap who wants everything done for him. There is one thing, your name

NOT CHANGED, (hee hee) suits you down to the ground. Did the girls used to hit you at school mate? I thought you started training to be a better man? Your previous letters stated that you did. Get the fuck down off your high horse and train them for God's sake - or do you pray that he do them for too? To achieve as perfect a balance as is possible with a bodybuilding physique, whether you are big or small, is phenominal in itself. The fact that the person has given equal amounts of time to each individual muscle group,whether they like it or not, wins it for me every time.

If you train them or not is obiously your choice but if you do decide to at least aim to hit them say, Tuesday and Friday one week; the next, maybe Monday and Friday. Change the days and don't stick to a definite routine day that you dread. This is true in a lot of cases. Good calves have been built on only four sets per session, 12- 5 reps per set. You may find that your reaction to calf training is fast, I don't know! But neither will you unless you try it! You want to compete you said in your last very *lonnnnnng* letter? With that attitude, you have got about as much chance as I would if I wrote for **NATURAL BODYBUILDER** magazine and expected people to believe me! (Mind you, would they?
Hmnnn, job prospect or what?).

Q Your honest opinion Mick, which is the best exercise that you think for the lower abs? I know about leg raises, but is there better? By the way, I am not fat, it is for my friend!

Lisa Shepherd,
Kent.

A My personal opinion, the best lower ab exercise is most definitely HANGING KNEE RAISES - without a doubt. This exercise, if done properly, will tighten up the lower gut like nothing else. You do this by hanging of say a chinning bar or something like it and keeping your backside as still as possible, lift your knees as high as you can. To get a good pull out of it, you can actually slightly swing your backside back as you pull up your knees. This will allow you to get more height and by doing so will allow you to lower your knees as slowly as possble putting even more stress on the negative movement of the exercise. Shit this hurts a lot but it will really work if done properly. You will know if you have got it right. Try it with crunches in a superset fashion. *Whoaaaaaaa!*
(I cut cheese regular on my abs for our salads - cream cheese that is!)

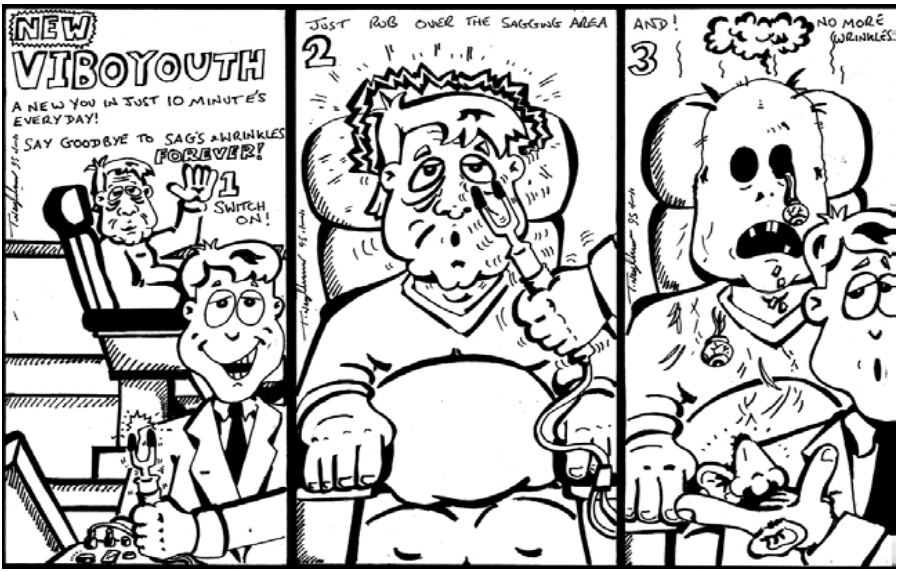
Q What combination of exercises can I do to hit my abs from all sides to ensure balance and a tight waist? Also, will creatine help me to lose weight. I understand that I have to watch my calories.
Mel Stevens,
Canada.

A Try this combo for guaranteed results. Do it in a quadraset style, the first, second, third then the fourth exercise follow one after the other till all four are done. Then rest for as few minutes. No rest for you in between the 1 - 4. NONE! These are best done in the order given here.

1. **Crunches** - 1 set to max. For upper abs.
2. **Knee raises** (off the floor or hanging) 1 set to max. For lower abs.
3. **Good morning bends** (use empty barbell) bending forward from the waist, knees slightly locked - 1 set of 20-25 reps approx. Use a little more weight if needed. For lower back and backside.
4. **Light dumbell side bends**, deep stretch. For obliques, side, hips etc.

Reference the good morning bends, think about it. If you can strengthen the lower back and tighten it, it will pull the front fat tighter - get it! Plus you will be able to bend a nail on your arse after a few weeks it will be so hard! Try about three run throughs or combos, less if it is your first time. Build up to it gradually.

Q What is your opinion of the electro muscle stimulators that all of a sudden have risen from the ashes? DO they really work like they say they do? I still think that it is hard to believe one machine can



do so much. Could such a thing give me a six pack like the ads say? I want to believe in the theory and that it can work, but honest Mick, what do you think? Would I be wasting my money or what?
Gareth Holmes,
Peterborough.

A Honest and personal opinion? Fucking shit, that is what I think they are! Now for easing a torn muscle - great. As a massage implement - great. As a marital aid - great. As a sustitute for hard training in the gym, well I ask you to think about it yourself. Do you really think that by strapping a few electro pads on to your fat gut, it will whittle away unwanted pounds? Do you really fucking well think that it will do the job that we have been doing in the gyms now for years and years. Does it mean that all we have to do is strap on this shit and no more strenuous training. Well all I can say is that it is all over, I do not have to go to the gym anymore! Do you really honestly believe it. Because if you do, then please come around and I will personally monitor your progress and if it works I will publically call myself a twat and pay for your machine myself. I know for a fact that I am a twat, but I ain't worried about paying for no machine. Really think about it.

Q I hate doing just sit ups and cycling for my cardio, it can get so boring. What form of cardio do you suggest for all round fitness and weight loss?

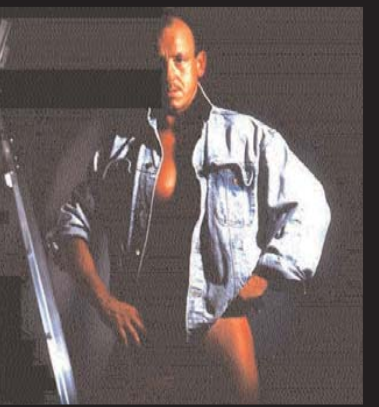
James Gilroy,
Austin, Texas

A I reckon that the best form of cardio for men and women is bag work - the old punch bag! The BEST form of fitness training that you can get. It burns off fat, get rid of aggression, tones you up and you better believe it, you don't have to do much to be knackered! Invest in one; I have been bag training for years, not only for kick-boxing but for fitness to. It is a shit hot method of burning fat. Try it and enjoy.

Q Mick, I went out of my way and bought one of those fancy stair masters from one of the fitness shows but I still cannot get up the stairs any quicker and I am still in charge? Why is this and can I have a t-shirt for my question?
A. Marsden,
Lancs.

A Why? I'll tell you why. Because you are an absolute cunt and sorry, no t-shirt! However, I am going on a 5 mile hill run in my sweat pants and will be happy to send my skiddy knickers. Please accept them with my deepest respect. Not!
(Honestly reader, this was a GENUINE letter - I laughed my balls off. Don't need the gear now!)

Steroids: The Layman s Guide II



Whether you love 'em or hate 'em, steroids are here to stay, that is a fact! The trick is to make sure that should you decide to use them, you do so with all the knowledge that you can muster, so with care ensuring safety at all times.

Unfortunately, gaining some of that knowledge can be quite frightening when understanding it is the first hurdle to get over. Here, Mick Hart, in his second book in the series, explains their use in a way that we all can understand without having a medical degree. It is done so in his own inimitable way; straight from the hip, with humour, with aggression, but at all times, with honesty. We all can understand that!

The first book in the series, The Layman's Guide to Steroids, was an outstanding success to which the demand was so great for more understandable knowledge on this subject, a monthly magazine called the NO BULL COLLECTION was born, currently enjoying increasing readership and popularity.

Please absorb, understand and enjoy the way Mick Hart's LAYMAN'S GUIDE II has been written for you which in all honesty can be truly guaranteed that there is NO BULL included!

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Laymans Guides

episode III

RETURN OF THE SYRINGE

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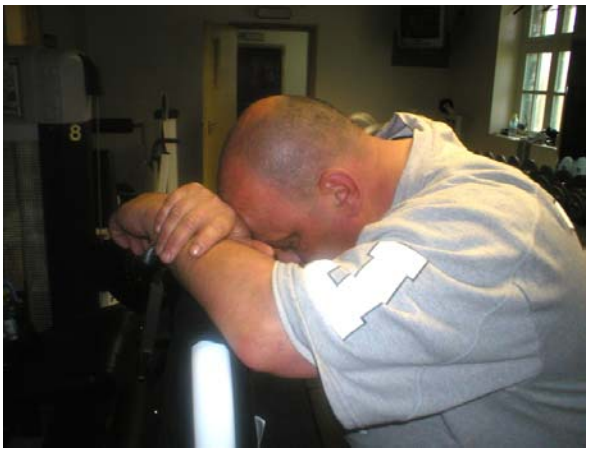

Cycles

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- The No Bull Discussion Board

INTRODUCTION

Many people have asked over the last few years when I was going to update information on the steroids in use to day. I answer that easily by saying what extra can be said about a certain steroid that has not been already written because to be honest there is not much that CAN be said. There are not many new steroids except for the numerous counterfeits that abound and their variety continues to grow, sadly.

It truly pisses me off when I get hammered from the more advanced reader moaning about the fact that I may have not written enough about e.g. Sustanon or Deca or the favourite PCT i.e. HCG, Clomid or Arimidex etc. Have you ever thought that it may be MY opinion that I do not agree that shit loads of HCG, Clomid or Arimidex should be taken! Maybe I feel that MOST people worry too much about PCT (post cycle therapy) when they have either not taken ENOUGH gear in the first place or the gear that they have taken is shite anyway; the latter being the most probable!

Look, this book has been written for the ABSOLUTE beginner - period! It is up to YOU the reader as and when you should stand away from the beginner's podium. Don't moan and groan if this book does not contain information about such drugs as insulin, DNP, SEO's (Synthol), Nubain, GHB and certain diuretics because there is a good reason why they have been omitted and will continue to be omitted and that is because I do NOT believe that we should use such shit. Further, I do not agree with people who pass on this type of information when they know jack shit all about how to use them! I am asked countless times to give information and yes I COULD give information and advice on a basic way on which to take them, but it is that basic knowledge that is NOT good enough. I feel personally that unless you are 100% plus in the know of how to use such products and also that you could guarantee a safe and successful therapy during the time using them then you should be wary of ANY advice given. Now, when a person's life is literally at stake, especially with insulin as a prime example, then stay away. It is a simple as that. I do not agree with using such shit and never will. Steroids ARE safe if used with care and sensibility especially if one listens to someone who does know what they are talking about, remember that.

I also ask the reader to be especially wary towards the new fad which is now aimed at increasing the size of standard and time served amps and multi vials.

For instance, these last few years alone I have seen e.g. test cypionate go from 200mg per ml to 250, 300, 350, 400 and now 450. I doubt many if any of these products are real and have yet to figure out why people do not question why a product jumps in strength so often and so quickly. The answer is simple; any way to increase the chances of YOU buying them will be taken and this is one way of making the buyer think that they are getting more for their money - not so, more like more oil for more money. If at all, the best they would be getting here would be wither a low power Deca or propionate; both favourite products used by counterfeiters. Be careful and be vigilante. Don't take a chance on saving a few pennies for the sake of safety.
I reiterate, the book is for a beginner but it does not mean that the more experienced cannot adapt and apply any of the methods, cycle and safety aspects into their own training. You may be pleasantly surprised if you do and learn that little bit of something that could change you for the better. Think on, we could all learn something for the better.

THE LAYMAN'S GUIDE EPISODE III

Return of the Syringe

This report has not been put together to convince you that you should take steroids (gear) but it has been designed to advise and guide you through the options available to you with safety paramount. There are countless books on steroids educating you on how to use steroids but very few on why and if it is the right thing for you to do. You must understand that safety and the sensible usage of steroids are two aspects that attention must be given to totally in order that all bases are covered. As with most things there is a price to pay with anything but we can reduce the problems to the minimum or even nil if you pay attention to all the points that we have to make; and there are many that you need to be aware of.

Not so much of a problem but more of a concern is the issue of OTT (Over the Top) cycles to which I have made serious points on here

in this booklet and one that you should seriously take note of as this is one area where you CAN get hurt if you do not take notice. We will come to that later on in the book.

But have you actually sat and thought it through thoroughly rather than bypassing the hurdles rather than clearing each one at a time and be sure and convinced that it is the right thing that you are doing, because you should take it literally one step at a time. Why? Because the outcome, should it be as successful as you hope, can change your life in so many ways that you could never imagine, but it has to done properly and for all the right reasons.

So, why have you decided to use steroids in your training? Let's look at a few reasons, well some that I am aware of seeing as these questions where asked by myself to myself about a million years ago - ish - and believe me before I made the decision I really did think deeply about what I was to do and why. What are we looking for BEFORE we make the decision and what are we looking to achieve when we add the gear to our training?

- To be the best that one can be
- Achieve mass
- Quality of said mass
- Low body fat percentage as possible
- Improvement on specific body parts
- Self confidence
- Immense pride through personal achievement
- Impatience (who isn't)

But , and this is a BIG but, gear alone will not bring us these things alone, I personally believe that we should have exhausted our options, tried everything and anything before we pop a pill or stick a needle in our butts. Ask yourself this, have you truly tried everything? Ask yourself these questions. Have you tried...?

- Tried every method of training you know?
- 3, 4, 5 or even 6 days a week training?
- Split systems, double splits?
- Supersets, drop sets, quad sets?
- High intensity, low intensity?
- Overtraining, under training?

See what I mean? Just ask yourself, but then look at other options you SHOULD have asked yourself before considering the gear. Have you tried…?

- Altering your schedules, am or pm, before work, after work?
- More free weights than machines and vice versa?
- Partial and full repetitions?
- Cheat training?
- Power training, low rep, single reps?
- Dumbbells, barbells? Have you utilised them all in your training?

- Heavy and light days or weeks?
- High cardio, low cardio or NO cardio?
- Lagging or weak body parts, have you tried to improve on them?

And there is SO much more. But if you can truly ask yourself that if you have made your decision after at least trying half of these suggestions, then you can consider yourself to have been be fair to yourself. Now then I did all these things and more before I made the jump and I am proud that I did so and the reason is simple. I know that if I can get to be the best that I can be personally through doing these things to the best of my abilities then just how good in myself would or could I be when I add the gear? Does that make sense because it should you know.

But there are those that take the piss, refuse to try and train as natural as they can and listen to the OTT "I ain't waiting for shit" brigade. They do not understand that a safe, sound house is built on firm, strong foundations and the fact that this "apprenticeship" to oneself is based on safety and gives the person a far better idea as to how he or she will react to the gear. Now, the OTT brigade has no fears, not for themselves nor the people that they are advising. Here is my opinion of OTT cycles.

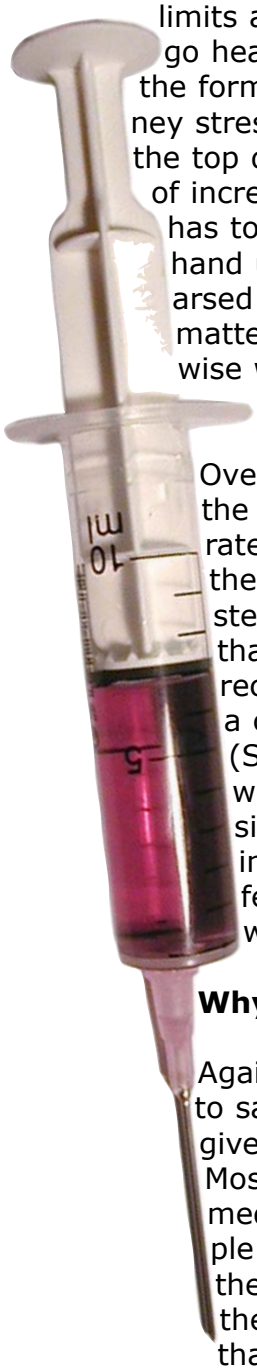
What is OTT?

I suppose that this section will be viewed as a load of bollocks to those who view safety in cycling as a secondary issue and no matter what I say or how carefully I try to put the point over, those that have no fear for what they do (or what fellow bodybuilders will suffer in the meantime) will continue to take such cycles no matter what proof we can bring forward.

Having said all that, I respect anyone's decision to take what they want so long as they know what they are doing and have a plan for the outcome, or as best as they can see. Why would I say that? Easy, because if that person has previous knowledge of what a singular steroid can do for them, then they are on the right track to being able to identify what each one does and what the effects are long and short term. But… that is not always the case and in fact that is why most people who use OTT cycles without any prior knowledge of individual steroid effects have problems or at the very least produce nothing in the way of results, apart from the usual massive water retention gains.

What is regarded as too much?

To be honest and fair it lies with the individual as to the amount they take, but there has to be a reference point, a level to which people can set targets, beginners especially otherwise the latter would be hitting the top side effect limits and over. Without a barrier, a limit to beware of and many just go head on into the breach and problems ensue. These usually take the form of water retention, acne, lower back problems (liver or kidney stress usually) as examples. Libido can also be affected on over the top dosages but in the main for first time users this is in the form of increased sexual activity rather than the opposite. But someone has to point out the basic levels that one can aim for and I put my hand up to that years ago, much to the disagreement of the "hairy arsed - take as much as you can get into the needle" brigade. No matter what their opinion a safety base HAS to be established other wise we would have seen more than our fair share of major problems due to dosages taken OTT.



Over the many years, we older bodybuilders have set ourselves as the guinea pigs for the majority that is how we can be so accurate to be honest. Don't get me wrong, most of us have based the structure of our dosages with maximum knowledge of the steroid and its uses in general medicine and then there are those that basically close their eyes and jump in with both feet - not recommended but in some cases that is just how it has been, If a certain side effect of a drug i.e. Clenbuterol Hydrochloride (Spiropent) is taken into consideration then we can wonder why we have tried and thankfully been successful. Clenbuterol has a side effect where brown fat is burnt as the major effect where in fact the actual usage for 'Clen' is in the main for asthma sufferers in the main, but you can see the reason why we try what we try and do what we do, the reasons are obvious.

Why not just take as much as you can?

Again, it depends on the individual and this article is not intended to say what is right and what is wrong as I see it, it is intended to give a guideline as to how careful one should be.

Most of the shit that we bodybuilders get, especially from the media (and also down to their lack of knowledge) is due to people who have decided to give the gear a go, take as much as they can without limit and (in their hope) rely on the fact that the gear will do most of the work. THIS is the biggest mistake that they usually make.

Let me give you an example of what I am trying to say. A few years ago a guy came to see me with a plan. He had decided that he should do something about his body and had come to the conclusion that he would have to go to any lengths to get to where HE could see himself going. So he approached me with his set plan that (bear in mind) he had also put before a few other guys

previously.

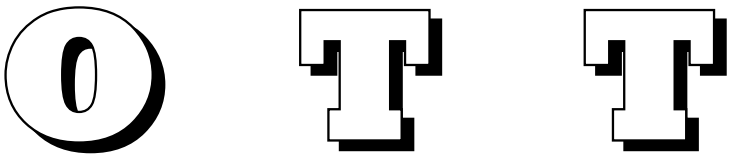
Now the plan was not basic in its construction, it was obvious that it had been created from many different training schedules and I commented that if he did implement this system then he would have to have the recovery rate of a cheetah - but he would not listen. I could see from then there was going to be problems.

So I asked that if he did follow the system that he had planned, how he had thought that he could recover from such a gruelling schedule and expect to grow. He could not answer because he fully expected the steroid cycle (by the total fucking nutcase in the gym) would produce all the results that he expected and he expected a lot.

He based his expectations on the fact that if he did enough training, and that meant to train over and above the norm, the drugs would build him, lose the excess fat, reduce his waist and at the same time increase his chest, biceps etc…. in a nutshell he was expecting too much and would not see further than his nose end. This was to be his downfall.

What do we see as too much?
I have been criticised for my less than conservative cycles; been told that they would not make anyone grow. Oh how wrong the critics have been and with my record of coaching success I can hold my head up high. But one of the reasons that I can hold my head up that I am proud of is that no one has been hurt through my advice and that my policy of "steady and careful" is respected the world over. I will always make the point and do now that once it is in, you cannot take it out! Remember that.

Let me give you an example of how I see an OTT cycle as compared to one of mine and the reasons why. For instance, with a long acting steroid such as testoviron, I would use this as a main stay of a mass building cycle and then we could add further steroids to the cycle to induce different effects according to the needs of the individual. But over the years I have found through personal and coaching experience that a dosage of 250mg every 5 days is more than enough to make even the more stubborn bodybuilder grow; in fact a dosage of one of these shots every 7 has proven its worth on more than one occasion. So, if we are growing sufficiently and at a rate that we can be comfortable with it is my professional opinion that there is no real need to increase the dosage to levels more than that.



Find following an OTT example cycle that someone sent me based on one of my own cycles of:

MICKS CYCLE

Sustanon 1 x 250mg x 5th day
Deca 1 x 200mg x 5th day
Winstrol 1 x 50mg x 3rd day
(**Note: We would reduce the amount of jabs by taking the sustanon and deca in the same syringe and taking the Winstrol in the deltoid)**
Nolvadex @ 20mg per day

ACTUAL OTT CYCLE:

Sustanon 1 x 250mg x EVERY day
Testosterone Cypionate 1 x 200mg x EVERY day
Anapolon 50mg x 7 per day
Dianabol 5mg x 10 per day
Clomid 50mg x 3 per day
HCG 2500ius - post cycle x twice per week

Now… that is how I suggest a safe cycle which is a proven method of growth as opposed to the OTT cycle that was sent to me below and this is NO bullshit:

See what I mean? The amount of gear that he chose to use on the OTT cycle is **MASSIVE** in difference to that of mine. Now there was in fact more to this cycle but as I read the suggestion that was sent to me from one of my people who obviously doubted the cycle that I gave him in the first place. Bear in mind that the person in question had gained a staggering 14lbs in only two short (yet sensible) cycles with me. His view was that if he could gain 14lbs with my cycle, it had to make perfect sense that he could double it on the OTT cycle. But that was not the case here.

What he did get extra in fact was acne SO bad that it was very nearly a hospital case due to the severity of the problem. His nuts shrank so bad that he tried (to no avail) to increase the HCG twice fold to correct the problem. This too did not work. The massive increase in androgens and no effective defence against estrogenic build up resulted in serious time off training for surgery - inevitable in his case. So in fact he did gain more on the OTT cycle than on mine. OK not what he wanted, but he gained all the same. I tried to explain that a 14lb gain was more than most people could dream of and would achieve and that he should be happy with that kind of gain. Obviously he was not and thought that he could achieve double that on every cycle without problems - not so as you can see.

So why could **HE** not see? That is easy to explain. As long as there people such as me who can actually say that a tried and tested method AND safety is really the best method, then there will be those that find it easy and comfort-

able to react against it, but that is life I suppose. Hey, I am not 101% right with all that I do and say because we all are learning, but I do know that I can say that I am 101% up on safety and the continuation of a steroid cycle with that first and foremost in my mind. Bodybuilding maybe good and we can and do take risks but unless we strive to minimise those risks as best we can, we must come to the conclusion that it may be good - but it ain't **THAT** good.

The moral of this true story is simple; just think before you make a decision that could seriously damage you and for life. OK it could be said that of all steroid intake but not so if we do what we do and as safely as possible. If there is no real need to take ONE more jab than you need to, if there is no real need to take in ONE more tablet than is absolutely necessary then why do so? Remember in most if not all cases, more is not always better and with steroids you have to put that in the forefront of your mind; the alternative being not such safe and predictable steroid therapy. I will leave you with that thought but one that you should be very aware of indeed.

AGE DIFFERENCES AND STEROIDS

One of the questions asked so many times is regarding the age difference and whether or not is it is better to take the gear when you are younger rather than later on in life. Most think that the younger you are the better it is and that you would fare better with youth using steroids, but it is not the case and for the simplest of facts, there are serious issues here also that need to be given the up most attention and I urge the young especially to take note of these facts.

With youth comes impatience, we all know that and we also understand how frustrating it can be when you are trying to progress as fast as possible and with a wish to emulate your mentors. I was just the same. But nowadays those urges are easily solved and the patience calmed with the ease of obtaining steroids the world over. But with that ease problems lie waiting in the wings and the issues of obtaining steroids and the problems will be covered later on in the report. I refer to the "youth" as an all round referral because young women using gear are on the increase too. Let me explain the reason and case for young V old.

The young lad, say 16, in full training, most over train as we all

did, but at that age eagerness and the thought of bristling muscles (which will indeed impress the gals - well some anyway) really does urge them on to take unnecessary risks and taking the OTT section seriously, they listen to people who have the IQ of yoghurt and that is dangerous. This is made more so when that person is supplying them. Having said that I am glad that I have witnessed the more experienced bodybuilders giving sound advice too, some do really give a shit.
But the lad needs to grow and in many cases will do whatever it takes to do so. But what many do not understand is that within there own fast growing bodies is an abundance of testosterone bursting out simply because they are in a time where their bodies are in full flow and growth is the first thing that their bodies are thinking of. Now this is a balance, in most a perfect balance of testosterone that really does not need any upset whatsoever. So, to upset it with unusual amounts of EXTRA test would really be throwing that balance out and in some cases BIG style.

One particular lad who I had trained since he was about the age of 14 was a perfect example. This was a few years ago now but he was so eager, worked SO hard and did bloody damn well and totally naturally too. But his eagerness was getting the better of him and just after the age of 16, nearing 17 maybe he knew that I was not prepared to advise him on the gear so young and age as I thought that there was truly no need. I had explained the reasons why and to my face he admitted it was the way to go. I asked that he wait till he was about 18 and then make the decision. But then he started to miss gym and attend other places, places we have previously discussed in OTT. In short, he did grow but seriously took shit loads more than he should. He lost his libido before he was 19, **MASSIVE** acne problems and serious attitude problems which led to problems with the law. I put this down to abuse and no attention to the warnings that I made him aware of. He has since stopped training and the dreams were lost, but they were honestly on target before he made that decision.

Now, if he had waited that little bit longer, just a year maybe, his natural growth would have started to slow down and the gear could have been gradually and safely added. Then his progress and gradual induction into steroid therapy would have been easier to monitor. I knew that rather than add seven or eight different steroids and hope that no problems occurred, adding just one or two and gradually would have made it easier to maintain

gains and keep the side effects to a minimum. But he chose the other fork in the road, one that I had advised against. But, that is another story to come.

I feel that the time gauge is indeed a personal one and so long as you try and stay off therapy till after 18 years of age and give yourself a chance then I would say to gauge it like this. Up to 18 years of age - train naturally, use natural test levels. After 18 years of age - OK to take gear, suggest at least 1-2 years of training under ones belt, and depending on the seriousness of ones training, then it really is a matter of choice but recommend as many safety aspects covered before embarking on heavier cycles.

So where does that put the older person with steroid therapy?
Well, we could ask also at what age we see ourselves as old when taking the gear. For the purposes of the information given here, my reference to the older person and the reasons for the comparison, I would be looking to anyone around 40+. This is based on my experience as an international coach and the many questions that I receive on a daily basis re the older guy and steroids and to be honest the older you are the better it is and I will give my reasons.

It really is simple to explain. When we are young, as I have said before, we are bursting with testosterone (well the lads are anyways) and to add extra is in fact flooding the system with unnecessary extra that could indeed shut down the natural production of a persons test. But when we get older the opposite happens and our bodies start to reduce the amount of testosterone because in fact it is not needed as much, we don't need to grow as we stopped growing in our early to mid-twenties, so why produce an abundance of a hormone that would, well, be wasted. So the fact that we do not have extra in our bodies and nowadays rather than sit down and do nothing we, choose to train, weights or whatever the choice, so there is a need for extra test when at one time there wasn't, that is IF you want to feel stronger instead of weaker as you grow older. None of us want to get old and to be honest with steroids today and (especially growth hormone) older people can benefit from the fact that to use steroid therapy will in actual fact just be replacing what we are losing on a daily basis. See my point? So rather than shut down the natural process of our aging bodies, we are rejuvenating them and that is why steroids are so popular with the older person *AND* far safer too in my opinion.

I have seen so many different examples of older men especially, starting training, taking a little gear and BOOM their lives change and for the better and you know, it is a proven scientific fact that men with low testosterone levels are more prone to heart attacks. Shit, when I heard that I looked like someone had slapped my arse with a wire brush, I was back on the gear so fast - (snigger). But the point is that it is the myth that older people are worse off if choosing steroids than the young that needed explaining, well in layman's guide terms anyways.

I know of lives being changes so dramatically through training, dietary

changes and an interest in something that can actually turn back the clock on lives that were in fact ready to sit back and accept old Father Time and his rules. OK, we cannot stop it, but we can damn well slow it down and make the quality of life a hell of a lot better I CAN assure you of that.

For the older guys, ask yourself these few questions and if you see any that could contributing to your feeling shit, deeper than whale shit, lower than a snakes arse then it could be construed that your test levels are low. IF they are low then the usual and most sensible thing would be to go see your doctor. But with respect, most doctors would simply give you test patches and to be honest they would not give the horn to Little Boy Blue, the horn dude who had a problem with his sheep. Think about this because ALL this affects you if you are in the older bracket and I assure you that should you decide to go for your first cycle (and if you are in the older bracket) then ALL of this will be relevant to the decision that you will make. So read on and ask yourself, are any of these questions related to you?

- Feeling tired most of the time? Lethargic?
- Energy levels are not what they used to be?
- You really don't give a shit about life?
- Erections are, well they are not erections are they?
- Work? No incentive?
- Do you want to sleep more, especially after eating?
- Feeling sadder day by day? Grumpy old twat?
- Fat seems to be piling on yet you are not doing less than you used to?

Have I hit on a button here? Can you relate to at least two of these symptoms? Then chances are boys that your test levels are lower than man slugs nuts! But the best thing is that you can actually change what is happening to you and if you do your WHOLE life will change for the better. I know this for fact and I am not making this shit up because I have been through it - BOY have I been through it.
You see, many do not even question the above facts and accept that they are just getting older, but then they decide that working out may do the job and when they do, absolutely naff all happens and the fat seems to pile on even though you may be doing the same workout that you were doing only a few years ago. Why the ferk is that?

WHY CAN'T I LOSE FAT AS QUICK WHEN I GET OLDER?
I will explain this as simply as I can. I do not mean any disrespect by that, but to be honest the technical shit blows my mind and I have to relate it to my own terminology so that not only you can understand be me also.
As we get older, our test levels decrease as much as 1% each year and although it depends on the person we can safely say that it starts to decrease quite dramatically from the age of 40, but it is also very common with people even from the age of 30. This may not sound like a lot, but believe me when

the old Hampton (dick) does not want to stand up, it IS a lot - that 1% can mean a shit load I can tell you.

Hormones determine just how the way fat cells respond to the food that we eat. Fat cells have boosters and brakes for want of a better term. The parts that boost fat loss or release it are called beta-receptors and the ones that put on the brakes are called alpha-receptors. That is why some people (especially women and their hip areas) have trouble losing fat or spot reducing areas because the fat cells in that area have a higher ratio of alpha to beta receptors. See what I mean? Shit I hope so! So, when we have an abundance of test hormones then we can see that they limit the STORAGE of fat so we lose it quicker! Phew!
But the bottom line is that if we decide to accept this particular treatment from our doctors (which some have and I have no problem with that) OR start their own cycles via steroid therapy during training, then either way they will be able to start living again. But the problem that I have with the former is that I have never known anyone who has compared the former treatment with a bodybuilder's therapy and found it to be better. No disrespect to the MD's but I have found their dosages to be far too low for the person who not only wants to feel better but LOOK better too. OK their dosages may give a twinkle of hope but I find that a "sensible" bodybuilding dosage to be quicker and far more effective. Fact! SO the question we can ask now is what types of gear can we use for the young or the old? Bear in mind that these suggestions are based on YEARS of knowledge and not guesswork! Compared to the gear that we use the dosages that the testosterone patches give are really too low - in comparison.

Products a beginner should be particularly wary of?
To be honest whether you are young or old the same safety aspects must be given priority in all cases. In the main, the first and most important one is that more is NOT always better. I have said so many times that no matter what the BIG guy says in the gym about how many he takes to get size, you must always take the stance that gradual and steady is the safest option - remember, once it is in you cannot take it out. You must remember these points as they are not written just to impress but to try and make this as safe as possible for you.

In reality most steroids can be used for a first cycle so long as the dosages are kept low. This is important because of several reasons but one that you should be aware of is that you could be one of the lucky ones that can grow on such small amounts and if that is the case it is indeed a bonus. You see, there are no trophies for the person who takes the most gear.

I am of course aware that my cycles will be scrutinised by many, that is their right and I welcome it, but YOU have to be aware that I do not plan such cycles for no reason, I plan them in a way that you can progressively induce

steroid therapy into your training life. The problem with many people today is that they are not happy with results that come gradual and sure only to search the net for the newest products or drugs that will speed up the process and in so doing increase the risks that come with new and virtually untried (in many cases) products. This is where you have to be so careful and listen to the advice that is given, or simply carry on regardless and take fuck all notice as many do. If the latter is the case then please, do not criticise me when I am only trying to watch your back. Once you have done the damage, then I can not help any further, in fact I would refuse any further assistance. I do not try to repair the problems of the ignorant - I used to, but no more.

There are products on the market now that on paper truly seem to be the dog's bollocks but when you look deep into the side effects that one has to endure to achieve such a small result then you have to ask yourself if it is really worth the risk. Let's look at an example of a product that I have been criticised for NOT covering (in detail) then you can see the reasons why, that is IF you truly want to see the reasons why. The explanation will be brief but enough for you to search for more information (hopefully) and make up your own mind if the risk is worth it.

DNP

I quote from one forum:

"DNP is an uncoupling agent that inhibits the flow of electrons and the pumping of H+ ions for ATP synthesis. Fifty years ago it was used for weight loss; however, in 1938 the FDA removed it from the counter, as it caused cataracts and even sometimes death. If electron transport does not produce ATP, then much more sugar must be metabolised for energy needs.

Very low production of ATP would be lethal. In oxidative phosphorylation, the flow of electrons from NADH (the reduced form of NAD+, oxidised from NAD. This enzyme is important in accepting electrons in the course of metabolic reactions. When NAD+ gives up it's electron, it is converted to it's reduced form NADH) and FADH2 (the reduced form of FAD) to oxygen results in the pumping of H+ from the matrix to the inner membrane space of the mitochondria. This gradient of H+ can produce ATP by flowing through ATP synthetase in the mitochondrial inner membrane. Dinitrophenol disrupts the H+ gradient reducing ATP synthesis. Under these conditions, much of the food that we eat could not be used for ATP synthesis and we lose weight. However, too much inhibitor and we could make too little ATP for life. The difference between weight loss and death is only a small concentration change in dinitrophenol, making the drug dangerous.

Simply put, this means that while eating your normal diet, you will have somewhere between 20% and 40% reduction of calories"

This stuff can be lethal if not taken under the strictest conditions, but even then I would not touch it with a barge pole. It is even unstable, gives of toxic fumes when in a fire; it has to be shipped in a 15% water solution so that it will not explode due to shock or friction!

OK it is taken usually in capsule form of around 200mg per day (which is considered a fairly safe dose, but come on, does this shit sound "safe" to you? It makes running on a treadmill seem a little boring, but I would sooner have boring than risk taking DNP. I have included this product because I am constantly asked by beginners for products that will assist weight loss and this is one that will certainly do the job bit one that I do NOT recommend using - period!

Methyltestosterone
This is not a steroid that I say do not take but one that you should really be careful of using whether you are a beginner or not. To be honest many take it and don't really know they are doing because Methyltestosterone is used in many counterfeits. It is VERY fast acting, HIGHLY androgenic which means that you will experience very heavy water retention, nipple soreness, mood swings (even after a couple of hours after taking), you will basically be a twat to be next to, you will feel irritable and impatient and forgetful. Apart from all that, you will be strong. As I have said, not one for the beginner, please be wary of the shock to the system.

Insulin
Not for the beginner and if I have my way not for anyone under my instruction because the chances of getting this wrong are too high and the price even higher for the inexperienced. A simple mistake in a dosage can be potentially fatal for any athlete and I do not joke in anyway in trying to explain this. Hypoglycaemia is a condition that can occur if the blood glucose levels are too low. It is a common and potentially fatal reaction experienced by insulin users. This is a list of symptoms which may indicate a mild to moderate hypoglycemia: hunger, drowsiness, blurred vision, depressive mood, dizziness, sweating, palpitation, tremor, restlessness, tingling in the hands, feet, lips, or tongue, lightheadedness, inability to concentrate, headache, sleep disturbances, anxiety, slurred speech, irritability, abnormal behavior, unsteady movement, and personality changes; quite a list eh? But should you experience any of these then the eating of something simple such as a chocolate bar or a carb rich drink will help to bring your glucose levels back to an acceptable level, but in the case of severe hypoglycemia the symptoms can include, disorientation, seizure, unconsciousness and even death. All that to boost fat loss or muscle gains - do you really think that bodybuilding is worth all that?

STEROIDS A BEGINNER SHOULD CONSIDER

The choices that beginners have are quite numerous to be honest and more or less all steroids can be used as a first timer so long as the amounts are kept to a minimum. The choices are affected simply because some gears which are normally chosen for the first time user are not always the best ones to use; this is because each person is different and one choice may not suit the next person and so on, I will give you an example.

Many moons ago a guy asked my opinion on a first time cycle for himself and one of my obvious choices was and is of course Dianabol, a stand alone steroid that has been proven in battle over the years. Now, the "normal" dosage IS 40-50mg per day at PEAK in a pyramid fashion (note: PYRAMID fashion) not as many would have you think I have said 50mg every day throughout the cycle, this is important to note. Anyhoo, he had purchased his cycle from a reputable source and was about to start the cycle. He understood the program in front of him but was cautious and quite rightly so and he decided to take the absolute minimum, well he decided to take just ONE per day to start. I told him I understood his being careful but to be honest one per day, well that would not have normally done anyone any real good. But, the very next day he called me up and was in a state, he was crapping himself big style. He said he thought he was having a heart attack, palpitations, hot sweats, panic attacks, nausea, you name it, he had it - or so he thought. He had gotten into his head that he was not going to get on with this steroid. He had discussed his new therapy to friends who had not even taken a single steroid in their life yet he listened to their tales of woe. Neither had he researched anything on the subject, he was convinced he was going to die. I calmed him down and explained that it was a panic attack and the SINGLE tablet that he had taken would not have even had the time to dissolve ne'er mind cause any problems.

The point I am trying to make is that no matter what steroid you choose as a first time user, you have to be sure that you want to use the gear and accept that there will be changes that will happen they are bound to. The guy mentioned was totally fine, nothing wrong with him whatsoever but he was just looking for a quick fix, no real intention of training hard but thought that there was an easy way, a shortcut through what can be a minefield of problems unless ALL the safety factors are taken into consideration and adhered to. But for now, let's look at DIANABOL as a choice for a first time user. First a little history on Dianabol followed by a few simple but effective suggestions.

DIANABOL

Dianabol has been around since the beginning of the 1950's and was first brought out by Ciba and is still the most popular steroid that has ever been. It's popularity was boosted by the bodybuilding boom of the 70's and was used by most of the pro's of that time including the most well known ones. Dianabol is indeed one of the best steroids for a first time used because of its fast acting properties one of which is the protein synthesis speed, the repletion of glycogen after exercise and the impressive strength and mass increases that are given so soon after starting its usage.

Over these last few years the success from Dianabol users in moderate cycle usage i.e. 8 weeks or more has been quite amazing to say the least, but more and more first times users are getting increasingly impatient and lengthening the cycles that have been recommended to them as safe, mine in particular, and it is for this reason that I try to explain the importance of staying with the plan and remember that more is NOT always better. I will explain the benefits of shorter cycles with steroids such as Dianabol and give an example as with other steroids too.

What we have to remember here is the simplicity of the cycle and the fact that you are a beginner and the worst thing that you can do is complicate matters by starting off gradual only to read more and more information the next week that really screws up your mind and before you know it your head is so full of crap and confusing information that you cancel out the sensible train of though that you originally intended to follow. So try not to go down that road, this is essential.

".....Over these last few years the success from Dianabol users in moderate cycle usage i.e. 8 weeks or more has been quite amazing to say the least...."

Cycles

Here are a few of the basic Dianabol cycles that a beginner could aim for:

Dianabol Based Cycles and Stackable Additions
I would use this as one trial project for a total beginner with no additions except for Nolvadex at the designated periods of 20mg per day - as the chart states. The Dianabol is based on a **5mg** tablet dosage. The cycle is not heavy but assuming the person had not taken any gear in the past the results usually are quite fast. This is down to the high anabolic an androgenic.

CYCLE ONE: SIX Week Basic Cycle Dianabol Oral Only

Cycle 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	10mg/db	10mg	10mg	10mg	10mg	10mg	10mg
week 2	20mg	20mg	20mg	20mg	20mg	20mg	20mg
week 3	30mg	30mg	30mg	30mg	30mg	30mg	30mg
week 4	30mg	30mg	30mg	30mg	30mg	30mg	30mg
week 5	20mg	20mg	20mg	20mg	20mg	20mg	20mg
week 6	10mg/db	10mg	10mg	10mg	10mg	10mg	10mg

It is a good idea to take the Dianabol during meal times to keep the possibility of intestinal pains caused through gas, this can happen if taken on an empty stomach we have found. Many times I am asked when to take Dianabol; the answer is that many take them in the morning after breakfast but the best way to take it is to split it up into two halves i.e. 3 in the morning during breakfast and the other 3 mid-afternoon, again with a meal preferable. The reason for this is that the half-life of this steroid is approx 3.5 - 4.5 hours and an even distribution into the blood stream will help to spread and even the dosage out. Nolvadex IS recommended from at least week two the alternative would be Proviron. Personally I prefer to take a 20mg Nolvadex and 50mg of Proviron especially with Dianabol. I urge you to heed this advice as gyneco-

mastia otherwise known as "bitch-tit" is not out of the question here as Dianabol converts easily to estrogen and should you have already a slight case of gyno (which many can have naturally before they take steroids), then the problem would be made even worse and prevention is better than a cure. This advice is safer than wishing you had taken the precautions before hand.

CYCLE TWO: 8 Week Dianabol Oral Cycle + Single Injectable: Deca

Cycle 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	10mg/db 200mg/ Deca	10mg	10mg	10mg	10mg	10mg 200Deca	10mg
week 2	20mg/db	20mg	20mg	20mg 200Deca	20mg	20mg	20mg
week 3	30mg/db	30mg 200Deca	30mg	30mg	30mg	30mg	30mg 200Deca
week 4	40mg/db	40mg	40mg	40mg	40mg 200Deca	40mg	40mg
week 5	40mg/db	40mg	40mg 200Deca	40mg	40mg	40mg	40mg
week 6	30mg/db 200Deca	30mg	30mg	30mg	30mg	30mg 200Deca	30mg
week 7	20mg/db	20mg	20mg	20mg 200Deca	20mg	20mg	20mg
week 8	10mg/db	10mg 200Deca	10mg	10mg	10mg	10mg	10mg 200Deca

NOTE

I would follow the anti-estrogen plan as a minimum of 10mg of Nolvadex every other day with 25mg of Proviron on the alternate days i.e. one follows the other 10mg Nolvadex, 25mg Proviron and so on. Start this from the beginning or week two. Understand that Dianabol is highly androgenic and anabolic and it is advised that anti-estrogens be taken, but it is not law, the choice is yours here remember. Many do not agree with taking anti estrogen blockers as they say that there is no need. I say that there is. Trust me. Seriously, no matter WHAT people say about the fact that using Nolvadex reduces the gains made by that person by a few percent - what a load of bull

shit! Even IF it was proven 100% absolutely and categorically that it did, would you seriously risk the chance of a few percent of losses or rather walk around with man boobs! Fuck that for a start, shit the nipple piercing alone would get you more friends than you had bargained for. I would sooner fondle someone else's tits than have a crack at my own - shudddder!

By simply adding Deca injectable to the cycle every fifth day can dramatically improve the gains that this cycle can give. As we have said many times before, whether a beginner or not, Dianabol is extremely effective but by adding Deca you could seriously step up the gains. I would use this cycle to follow the Dianabol ONLY First Cycle as a steady step up to the next one.

OTHER STEROIDS TO CONSIDER

The next cycle example is based on jabs only. I add this because there are so many that fall into the category or, er, me (a forgetful ferker), that jabs are a simple, quick and out-of-the-way method of in and done. I find that on many occasions orals are so often missed and the benefits are never truly gained unless I have someone to remind me - go figure eh! But we cannot all be perfect and so the cycle is presented, plain and simple as it is - but bear in mind that plain and simple often works in this game!

It is important to note that ALL steroids no matter HOW little their toxicity may be, can still be harmful and cause problems IF the safety factors are not considered and put into place. It is believed by many that if the steroid is a "safe" one then no matter how much is used then all will be well. This is not so. It is not a safe "GO" to for instance take 5 Primobolan a day or 100 Anavar the same or 5 plus of Winstrol just because these steroids are deemed safe. The level of their safety is lifted with the amount that is increased. Far too many people fall for this simple mistake. OK the problems of liver toxicity and damage may be less with such gears BUT increase above their normal usage and all shit can happen - especially in the "wedding tack-le" area.

An example, although Primobolan may be one of the best steroids to use when on a diet (as it actually is one of if not THE steroid that can actually build muscle on a low protein intake) it also can knock of your sex life as if your Mom walks in to bring you sandwiches to meet the girl who SHE thinks is the girl that would be the one accompany her to church on Sundays after dropping the kids off with her God fearing Grandpa WHO mind, is the man who prepares the sermons - see what I mean - ahem! Now, THAT is what Primobolan can do if you are not careful. My advice is not to plan to go to church

so quickly in the future IF you plan to take shit loads of Primo and NOT to the plan, right (imagine a man winking carefully and considerately here! The other way to drop your sex so quickly is to dip your nuts in fish paste and dangle them in a tub of hungry Piranha - now that would be more merciful!!

BUT Primobolan (although not one of my favourites) IS a great steroid if you can get the right one, sorry, GENUINE one. It should be best taken at around 100mg every four days to get a good effect, but it will not do much on it's own to be fair. I would go with the following and use Winstrol injection at 50mg every 3rd day for best effect. The two combined will give a hardening effect with conditional muscle gains if the cycle is maintained for a full 8 weeks. This is how I would plan it:

CYCLE THREE: Primobolan and Winstrol Injection only cycle - 8 weeks

Cycle 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Winstrol 50 Primo 100mg			Winstrol 50	Primo 100mg		Winstrol 50
week 2	Primo 100mg		Winstrol 50		Primo 100mg	Winstrol 50 Primo 100mg	
week 3		Winstrol 50	Primo 100mg		Winstrol 50		Primo 100mg
week 4	Winstrol 50			Winstrol 50 Primo 100mg			Winstrol 50
week 5	Primo 100mg		Winstrol 50		Primo 100mg	Winstrol 50	
week 6		Winstrol 50 Primo 100mg			Winstrol 50	Primo 100mg	
week 7	Winstrol 50		Primo 100mg	Winstrol 50			Winstrol 50 Primo 100mg
week 8			Winstrol 50	Primo 100mg		Winstrol 50	

I like the Winstrol and Primobolan cycle a lot, especially during the summer months were it is not too heavy and you are not sweating your nuts off in the

gym because of heavy androgenic gears. There will also be many who would think that this cycle is too light, not severe enough but they can go fuck themselves because the cycle has its usages. There will always be people who are not happy with any cycle unless it produces zits and spots the size of your thumb end. They are also not happy unless their nuts have shrunken up to the level of their necks too, but twats like that will have you fucking spotty, nut less and not able to get a hard on even if Pamela Anderson were to pop in and ask if she can give you a scrub down with a wet wire brush and Dettol! It SO angers me when people ring up and start moaning that they saw MY cycles and were told that they would not work because they were TOO safe and then they start wishing they had done the safest way in the first place - too fucking late then boys, I am a bodybuilder with knowledge not a ferking magician! So listen in the first place and trust what I have to say.

Anyhoo, the Primo/Winstrol cycle is great when you want to maintain muscle and your gains some also. It will help to harden your physique and if you are dieting it will assist in the quality muscle replacement and fat loss - I said ASSIST mind not "rip off" the fat. You have to make some sacrifices you know! Jeeez!

Another way or example of a light cycle would be the Winstrol and Virormone combination (cycle four). I really do use this on many occasions to hold and harden during non competitive runs. Not too heavy and basically low androgenic but the strength that can be gained from it can be very quick indeed.

Virormone is testosterone propionate at 100mg per 2ml ampoule; we use the one that is made by Nordic, an excellent product. But mind that this is now being counterfeited and care should be taken when buying - as always.
Note also that we use the Winstrol Zambon 50mg type; this has always been shit hot and as far as I know, it has not been counterfeited as yet. Hopefully they will keep their fucking hands off!
Why six weeks only? Easy, sometimes long cycles are a bind and the shorter sharper cycles are a nice change AND produce some surprisingly good results too.

Nolvadex needed? Well, not really although I do keep that safety note in mind, and if we wish to be just that little bit care conscious then I would suggest just one 20mg every 2nd or 3rd day - just to be sure.

CYCLE FOUR: Conditioning Cycle Winstrol and Virormone (propionate) 6 Week cycle Nolvadex suggest only at 20mg every third day

Cycle 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Winstrol 50mg Virormone 100			Winstrol 50mg	Virormone 100		Winstrol 50mg
week 2		Virormone 100	Winstrol 50mg			Winstrol 50mg Virormone 100	
week 3		Winstrol 50mg	Virormone 100		Winstrol 50mg		Virormone 100
week 4	Winstrol 50mg			Winstrol 50mg Virormone 100			Winstrol 50mg
week 5	Virormone 100		Winstrol 50mg		Virormone 100	Winstrol 50mg	
week 6		Winstrol 50mg Virormone 100			Winstrol 50mg	Virormone 100	

An Advancing Beginner.... so to speak

The next cycle (cycle five) is as stated, Testosterone Enanthate 250mg, Deca 200mg with a four week Dianabol kick start for the first four weeks. Not all people like to take orals for the full term and the usage of Dianabol in the first few weeks can really start cycle off with a boost - and it does. You should feel a surge in strength in the first few weeks that will snowball onwards into the jab cycle and the growth process will certainly have a kick start.

This may seem like a bit of a jump for a beginner but do not be alarmed, it is a stage at which you have to make the transition and if you don't then you will never progress. Also ask yourself this, at which stage does my book end with a beginner and start with an intermediate and progress to an advanced? Well its here that's why and you need to be able to progress and carefully that is why this book has been written so remember that. I do not give a flying fuck how many dealers will be shitting themselves at the first half dozen cycles and how

little they may require the reader to BUY - fuck that, the reason the stages are set at gradual and steady intervals is easy - for your safety and that IS

the main reason. You must understand that. OK you can progress from whichever stage your wish, but I can only advise on the understanding that you will hopefully follow the guidance as given - hopefully.

Having said all this, you do NOT have to progress at all! This is a question that I am asked many times. Most think that by taking one cycle of steroids they have to take them for life - NOT so. You could try a course of gear and if it gave you the results that you aimed for, then stay with that. OK you would lose a little of the size but not it all. Muscle memory is an amazing thing and if you even decided to stop training, the MM would remember where you stopped and surprise you when you start up again (more on that subject later). But steroids are NOT addictive and once taken you are not hooked in the sense of an addiction with hard drugs such as heroin, maybe hooked on the fact that you are stronger and fitter, but not hooked and fucked as you would be with the hard shit.

So, the cycles will now get bigger and harder but by now you will have easily progressed to this level BUT bear in mind that I DO NOT recommend that you jump to these stronger cycles straightaway, you MUST complete some steady cycles at first and see how you will react to the gear - please understand that this is the way to go. Making sure that you are safe IS my job; I have made it so, so please help me to help you. Fuck the nob head who says that these cycles are pussy-like, because 9 out of 10 they will not have done a cycle as big as THEY say they have maybe it is a ruse to see just how much you will buy!? Be careful. So, let's move onto a few more "progressive" cycles eh?

CYCLE FIVE: Test Enanthate/Deca with Dianabol kick start cycle - 8 WEEKS

Cycle 5	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Test E 250 Decca 200 Dbol 10mg	Dbol 10mg	Dbol 10mg	Dbol 10mg	Dbol 10mg	Test E 250 Decca 200	Dbol 10mg
week 2	Dbol 20mg	Dbol 20mg	Dbol 20mg	Test E 250 Decca 200 Dbol 20mg	Dbol 20mg	Dbol 20mg	Dbol 20mg
week 3	Dbol 30mg	Test E 250 Decca 200 Dbol 30mg	Dbol 30mg	Dbol 30mg	Dbol 30mg	Dbol 30mg	Test E 250 Decca 200 Dbol 30mg
week 4	Dbol 40mg	Dbol 40mg	Dbol 40mg	Dbol 40mg	Test E 250 Decca 200 Dbol 40mg	Dbol 40mg	Dbol 40mg
week 5			Test E 250 Decca 200				
week 6	Test E 250 Decca 200					Test E 250 Decca 200	
week 7				Test E 250 Decca 200			
week 8		Test E 250 Decca 200					Test E 250 Decca 200

Notes: Nolvadex to be taken daily @ 20mg per day from week 2

Important Note:

Now the reason I stress that you don't progress too quickly is for the fact that should one or two steroids do the job and you are growing steadily and consistently, then there is no real need to rush off and take more, why should you. Remember it is not always the amount of gear that denotes how big you are going to get, OK some would disagree with that theory (mainly dealers) but it is far better to start off steady and safely and take it one step at a time. The gear is a small part of the equation, a VERY small part, but if you can understand that a good diet, hard training and plenty of rest is the MAJOR part and use a minimal amount of gear then you are on your way to a perfect scenario in my opinion.

The cycles that follow do offer more but the "more" here has progressed as your body gets used to the steroids that you will have been using from a standing start. This gradual and steady progression is important and I cannot emphasise this too strongly

CYCLE SIX: Sustanon, Deca, Trenbolone and Winstrol - 8 week cycle size/condition

Cycle 6	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Sus 250 Decca 200					Sus 250 Decca 200	
week 2	Ndx 20mg	Ndx 20mg	Ndx 20mg	Sus 250 Decca 200 Ndx 20mg	Ndx 20mg	Ndx 20mg	Ndx 20mg
week 3	Ndx 20mg	Sus 250 Decca 200 Ndx 20mg	Ndx 20mg	Ndx 20mg	Ndx 20mg	Ndx 20mg	Sus 250 Decca 200 Ndx 20mg
week 4	Ndx 20mg	Ndx 20mg	Ndx 20mg	Ndx 20mg	Sus 250 Decca 200 Ndx 20mg	Ndx 20mg	Ndx 20mg
week 5	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg
week 6	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg
week 7	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg
week 8	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg	Ndx 20mg	Ndx 20mg	Tren 75mg Winstrol 50 Ndx20mg

This cycle asks for Nolvadex at 20mg and Proviron at 25mg per day and to start from week 2.

I have just finished this particular cycle after a long lay off and I could feel the gains hit from as low as week two; mainly in the condition of the muscle i.e. a definite hardening but due to the diet being clean and plentiful the size is coming nice and steady - nice one! I do like the fast acting tests; less water retention and a less bloated, more pumping effect which suits my type of intense training.

The next cycle (Cycle 7) is a definite step up and not only to a 10 week cycle.

CYCLE SEVEN: Sustanon, Deca, Dianabol, Winstrol & Test Propionate (Virormone)

Cycle 7	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	Sus 250 Decca 200 Dbol 10mg	Dbol 10mg	Dbol 10mg	Dbol 10mg	Dbol 10mg	Sus 250 Decca 200 Dbol 10mg	Dbol 10mg
week 2	Dbol 20mg	Dbol 20mg	Dbol 20mg	Sus 250 Decca 200 Dbol 20mg	Dbol 20mg	Dbol 20mg	Dbol 20mg
week 3	Dbol 30mg	Sus 250 Decca 200 Dbol 10mg	Dbol 30mg	Dbol 30mg	Dbol 30mg	Dbol 30mg	Sus 250 Decca 200 Dbol 10mg
week 4	Winstrol 50mg			Winstrol 50mg	Sus 250 Decca 200		Winstrol 50mg
week 5			Sus 250 Decca 200 Dbol 10mg			Winstrol 50mg	
week 6	Sus 250 Decca 200	Winstrol 50mg			Winstrol 50mg	Sus 250 Decca 200	
week 7	Winstrol 50mg			Sus 250 Decca 200 Dbol 10mg			Winstrol 50mg
week 8	Test Prop 100	Sus 250 Decca 200			Test Prop 100		Sus 250 Decca 200
week 9		Test Prop 100			Sus 250 Decca 200	Test Prop 100	
week 10			Sus 250 Decca 200 Dbol 10mg				Test Prop 100

This cycle asks for Nolvadex at 20mg per day and Proviron at 50mg per day and to start from week 2.

Cycle seven may look scary looks can deceive. In fact the cycle is TWO cycles in one; the first part being a kick start mass combination, the middle section which consists of the addition of Winstrol is a bridging section and the latter is a faster acting hardener finish. I am impressed with the gains that this cycle

can give, very impressed indeed.
Looks a lot? Well I suppose it does but it also is stretched out over the period for a reason and that reason works, safely and well planned. But again I stress that these cycles should not be taken on the first run, for the reasons given many times over. Be patient and cycles like this will be a piece of piss to handle.
Note: I would use this cycle (Cycle 7) and the next (Cycle 8) for instances when my body fat levels are pretty good to low. I don't mean near contest shape because that is a totally different story, but say when you are happy with your progress; you have reached a waist size that you are not only comfortable with but well pleased. See my point?

The steroids chosen have not been overly misused or to extensive is a better word. Their choices are for a specific reason and the triple split and middle bridge serve a purpose with which you will be well rewarded in the long run. But you MUST compliment these and ANY cycles with good food, as clean as possible but not TOO clean. Too clean can mean minimum gains and the end result there would be more condition and very little size. You must have some protein sparing effect within the diet in order to grow as much as possible. This is why a "diet day off" is so important not only for the reasons given but for the sake of you NOT going nuts!

CYCLE EIGHT: 12 Week Triple Split Mass building cycle

This is a BEAUT of a cycle in my opinion and I find that because of the changes in steroid choice and the different contributions that they give individually you can clearly see which gives what and the effects therein. But there has been much controversy, chit chat and opinion regarding the lengths of cycles these days. Now, I have used both types in my time and have found BOTH types to have worked perfectly well whenever and whichever I have used. So, why do people all of a sudden change their minds?
Well, it seems to be a sort of trend. For instance, one guy on a forum will state that he has had wondrous results on shorter cycles as compared to the previous longer cycles he may have been using. So then you get a few people who then change to the shorter versions and even though the longer ones produced excellent results (for example) they will eventually turn their backs on the longer versions and even announce that they never worked (and trust me this happens) - twats! BUT on the same note and maybe on another forum or in another mag, you would get a guy (or woman) who then says that the SHORT versions are now the in thing!! See? Now I say make your fucking minds up will ya!? For fucks sake, why not utilise ALL forms of cycling i.e. long AND short or a year on one and another year on the other, now does that make sense? I hope so because I am sick to ferrrrk of typing "long and short" - jeeez! (Well, that's the long and the short of it anyhoo!). Small and ineffective Mick Hart humour there!

But the sum of it all is that they all work for one reason and another; each person is different and the main reason for the dramatic changes we see from one to another is simply that the body loves a change now and then and it

Cycle 8	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
week 1	20mg db **200mg Deca**	20mg db	20mg db	20mg db	20mg db	20mg db	20mg db
week 2	30mg db **200mg Deca**	30mg db	30mg db	30mg db	30mg db	30mg db	30mg db
week 3	40mg db **200mg Deca**	40mg db	40mg db	40mg db	40mg db	40mg db	40mg db
week 4	30mg db **200mg Deca**	30mg db	30mg db	30mg db	30mg db	30mg db	30mg db
week 5	20mg db **200mg Deca**	20mg db	20mg db	20mg db	20mg db	20mg db	20mg db
week 6	**200mg Deca**					**250mg Sustanon**	
week 7	**250mg Deca/Sust**					**250mg Sustanon**	
week 8	**250mg Deca/Sust**					**250mg Sustanon**	
week 9	40mg Stroma **250mg Sust**	40mg Stroma	40mg Stroma	40mg Stroma	40mg Stroma	40mg Stroma	40mg Stroma
week 10	30mg Stroma **250mg Sust**	30mg Stroma	30mg Stroma	30mg Stroma	30mg Stroma	30mg Stroma	30mg Stroma
week 11	30mg Stroma **100mg Prop**	30mg Stroma	30mg Stroma	30mg Stroma **100mg Prop**	30mg Stroma	30mg Stroma	30mg Stroma **100mg Prop**
week 12	20mg Stroma	20mg Stroma	20mg Stroma **100mg Prop**	20mg Stroma	20mg Stroma	20mg Stroma **100mg Prop**	20mg Stroma

reacts to new or rather differing methods at irregular times. Like it or lump it, this is what happens. I digress. Here is the LONGER version (Cycle 8) 12 week triple split cycle that I personally like so much.

Please bear in mind that the chosen steroids are so because of their effectiveness from experience, but the Sustanon could be exchanged for Test Enanthate, the Deca for Equipoise and the Stromba for Dianabol in the latter

part of the cycle as examples. Personally I would opt for the Stromba and Dianabol in the order given as the hardening effect given with the Propionate would be more substantial and effective.
I am currently hovering at around 265lbs at the time of writing and have done now for some time. I will use this cycle very soon to bridge between the bulk phase and the beginning of the dieting phase which MUCH be slow and steady if I am to hold as much muscle as possible for the end of the year - and I will!

Post Cycle Therapy - PCT
Now this subject is confusing for most, but I will try and explain as best I can each product and why and IF they are to be used IF at all. I say this because not everyone uses Nolvadex, HCG, Proviron, Clomid or Arimidex. The reasons are many. Some are not prone to gynocomastia (bitch tits) some are not, but those that believe that they will never get develop this problem are a fool to themselves. You can get mild gyno even without even going near any steroids whatsoever and it often occurs in boys during growth bursts in the puberty phase, so it can happen to most of us. How do we spot it?
Well you would feel tenderness in and around the nipple area, slightly tender, sore and very sensitive. You know when you have got gyno if you can feel one or two lumps around the nipple area. Note that once it has started you cannot remove it that can only be done by surgery. But we can help to prevent it and there are a few products that I will list that can help.

HCG (Human Chorionic Gonadotrophin)
So many people get confused about HCG and use it either at the wrong time or for the wrong reasons. Some think that it actually prevents bitch tits and use it so, BUT read this again - it does NOT block estrogen and can be one of the key reasons for getting gyno. Note that HCG is derived from the placenta of pregnant women and is therefore obviously bursting with estrogens and then some. SO beware.
It should however be used for two main reasons and they are:

1. To attempt to avoid testicular atrophy (nut shrinkage) and or

2. Rectify a problem that already exists.

HCG should really be used to try and slow down or prepare your nuts so that they do NOT shrink. Best dosages for this are in the region of 100-1500 a week for several weeks during a cycle (my preference) but many would opt for 500-1000ius a day for a couple of weeks say mid-cycle, but preferences differ.

"…..Some think that it actually prevents bitch tits and use it so, BUT read this again - it does NOT block estrogen and can be one of the key reasons for getting gyno….."

Many people would prefer to opt for the Clomid oral option.

Clomid (clomiphene citrate)
Let's stick to the basics eh? Clomid is used in the main to aid ovulation in females with a low fertility rate, which is what it is mainly prescribed for. Now, Clomid does actually work as an anti-estrogen and as it is a weak synthetic estrogen it binds itself to estrogen receptors and blocks them to estrogen in the blood. So, the effects of gyno and water retention are definitely minimised as a result of estrogen when using testosterone.

Confusion again is high when to use Clomid. If it is used during a cycle then its main aim would be for blocking estrogen; post cycle it would depend on the half life of the steroid i.e. I would use it a couple of weeks after the cycle ended to assist in keeping the gains that I had made. So it would make sense to use HCG during a cycle to help prevent testicular atrophy and Clomid post cycle (ie 2-3 weeks after your last injection) when the androgens are low enough so that your natural test levels can be kicked back into play. Phew!

Nolvadex (tamoxifen)
This is one of the best known and widely used anti-estrogens on the market. It normally comes in 10 or 20mg tablets. Now Nolvadex will not stop the gyno dead, it also cannot reverse the problem once it has started, but what it actually does is to stop the estrogens from taking hold by competitively taking up the receptors for this hormone. It also allows them to stop any problems occurring very quickly but as soon as you discontinue usage you have to allow for an immediate influx of estrogens also. The bonus is that they can be used as soon as the problem rears its head again, but remember; Nolvadex will only stop or slow down the problem further, so early usage is advised.

It is also important to note that Nolvadex can be so effective that some competitive bodybuilders have even used extremely high androgenic steroids such as Oxy 50's (Anadrol) right up to a contest with no problem of water retention or gyno - I stress the word "SOME" strongly mind!

Proviron

Now this is one of my personal favourites and I often use it in conjunction with Nolvadex as I find the two do work better together in my opinion and experience. It is in fact an oral androgenic steroid which is commonly used as an estrogen antagonist (A chemical substance that interferes with the physiological action of another, especially by combining with and blocking its nerve receptor). Once in the blood stream it actually takes on the estrogen at the receptor sites and can greatly (I some cases) reduce the aromatizing effect (water retention) of other steroids. It can dramatically increase the hardness of the physique in the right conditions. It is best used at around 2-4 tablets a day @ 25mg per tablet. I prefer the dosage of 20mg of Nolvadex and 50mg of Proviron for a basic intake. But there is another side to that of Proviron and it ties in with the next anti-estrogen blocker Arimidex.

Arimidex

Proviron and Arimidex have two distinctive features and that is that they can both actually eliminate estrogen from steroids that aromatize period - basically is can stop ALL formation of estrogen and has become the be-all-and-end-all of estrogen blockers of late. It is very strong and as little as a ¼ of a tablet in stages is the recommended start dosage and take the dosage no higher than half a tablet in my own personal opinion. But remember, Arimidex is strong and it will slow down your gains, for some considerably BUT the estrogen will be blocked. Those people who are particularly susceptible to gyno should consider this one, but then again if you are a beginner how do you know? You don't! Personally I like the Proviron and Nolvadex myself!

Finally and this is important, do not over complicate PCT, far too many do and then complain after. If you have not over abused your cycle then it is a safe bet that your body can and will recover by itself which is the best way possible. Over compensating with Clomid and especially HCG can make the problem far worse and the main rule with these pct drugs is more is certainly NOT better. Be careful and use the minimum amount possible IF you need PCT after a heavy cycle especially.

Steroid Half-Life's

This is simply the amount of time a steroid takes to drop 50% from the time it was first administered. A good example would be oral Dianabol. The half life of this popular steroid would be approximately 4.5 - 6 days. Then for it to drop

to 50% again would take another 4.5 - 6 days. This formula would be reducing in stages of 50% every 4.5 - 6 days.

Another example could be the injectable depot testosterone Enanthate. The half life for this little beauty would be approximately 10.5 days then it would reduce by 50% in the same time.

Sustanon - MY personal favourite has a half life of 15-18 days. So, one has to realize that there would be several different reductions by 50% before we can safely say that the steroids are no longer in the body. Half lives are mainly a guide not to see how long the drug is in the body but rather to assist the user in avoiding peaks and troughs whilst on the steroid of choice.
Now an ester is where a steroid has a fatty acid added (esterification) to make the steroid compound more oil soluble. This make it more difficult for the blood to pick it up and carry it into circulation and away; this in turn slows the rate at which the steroid compound can leave the injection site, hence the steroid will release slowly for days. See what I mean?

Here are a few examples of a few popular steroid half lives for you to take in:

Orals
Winstrol - 9 hrs
Dianabol - 4.5 -6 hrs
Anadrol - 8-9 hrs
Anavar - 9 hours

Injectable depot steroid half lives
Sustanon - 15 to 18 days
Deca-Durabolin (nandrolone decatonate) - 14 days
Primobolan - 10.5 days
Testosterone Cypionate -12 days
Testosterone Enanthate -10.5 days
Equipoise - 14 days
Finaject (trenbolone) - 3 days
Testosterone Propionate - 4.5 days
Winstrol (stanozolol) -1 day

HGH: Can this be used in a beginning cycle?

Yes it can, but I would still start off using a "standard" steroid cycle at first to see how you react with the good old basics because adding something like HGH can be a massive boost I can tell you. Growth works far better with steroids and if you take it steady and carefully the results can be far more effective than you could ever imagine. I will explain a little about HGH and especially for the older person the reasons why.

HGH or human growth hormone is the most abundant hormone produced by the pituitary gland (pituitary is one of the endocrine glands). Now, this gland

is situated at the centre of the brain and its job is to secrete this extremely complex hormone which is made up of 191 amino acids. Now these amino acids are just one of the jobs that this gland produces but it is by the largest protein produced by the Pituitary gland.

Growth Hormone is known to be critical for tissue repair, muscle growth, healing, brain function, physical and mental health, bone strength, energy and metabolism. In short, it is very important to just about every aspect of our life! Now the GH is produced at its peak when we are at the adolescent stage in our lives because it is then we are in need of maximum growth potential. This does not stop however, but it does slow down as we get older. Here is an example of how that reduction is seen. Look at the fact that even after the age of 20 years the drop starts to kick in.

- e.g. 20 years old we average 500 micrograms/day
- e.g. 40 years old we average 200 micrograms/day
- e.g. 80 years old we average 25 micrograms/day

So, can you see just how fast the reduction can be? I can tell you now that if there is **ONE** product that I can say is a wonder it would be HGH. I cannot speak highly enough of HGH and especially for the older person, look what advantages I see as a bonus and not a worry. Please bear in mind that these are just a small selection of the bonuses as I see it:

- Increased sex life, better performance
- As high as 8-9% muscle mass increase after as low as 6 months wthout dieting
- Better sleep pattern
- Higher energy levels
- Higher exercise output
- Lower blood pressure
- Greater cardiac output
- Improved cholesterol profile, with higher HDL and lower LDL
- Higher energy levels
- 12-15% loss of fat averaging after six months e.g.
- Hair re-growth
- Mood elevation
- Rejuvenated skin

At one time, we would accept what happens to us as we got older, it was and is the way of life, and nothing really was proven enough to "pick us up". Then as research on HGH increased so then the bene-

fits of using it came to be known more and more and they get better and better in my opinion.

Used in a bodybuilding scenario the advantages are even more pronounced. Even before adding HGH to our cycles (beginner of not) with a carefully planned steroid cycle, training system and diet the results can be amazing. Now with the addition of a HGH cycle added to that steroid cycle albeit small the difference is truly amazing - beginners or should we say slightly advanced beginners - would see gains such as fat loss, a hardening of the physique, better pumps and much faster conditioning with the training producing better and better results the longer it goes on; THAT alone still amazes me every time.

I have discussed HGH in the Layman's Guides in the past and that info still stands but for a total beginner I would advise again that you hit on a couple of standard steroid cycles and test yourself as to how you react. This is really the best way of moving on up the ladder. OK you could bypass that ladder but if you are asking for the best advice then take it - it really is the best option. Either do it safely and carefully or back off and leave it alone. We are not fucking about here, take it steady and the gains will be sure and permanent.

Dosages for GH

As I have said, GH really is for later on in the schedule but as with tradition no one listens to advice as they should so I will advise anyway on what dosages are ok for usage with GH be used earlier in the beginners training but I do this based on what I KNOW works fine and even more important safely.

Start off steady and low. The GH I am using at the moment comes in 10iu vials by Jintropin and I put in the 1ml (100 units) of fluid and then simply divide it by 4 which gives me 2.5ius. This is a perfect dosage for every other day or even every third day if I wish to just use the GH as a top up, a booster if you like. When I do it this way I get the benefits of low dosage steroid intake and the tremendous advantages of using low dosage GH as well. My gains are quicker, fat loss is also speeded up and the feeling of well being is to the roof.

Now this is a simple way of inducing GH into your cycle. Please do NOT give me the shit about the lack of technicality of how taking GH should be. For those who wish to criticise on this matter - fuck off! Taking gear and/or GH can be simple and safe with no complica-

tions. Why complicate something that is piss easy to do and reap the benefits of ALL the advantages without having to fill my system with shit loads of gear that my body may not use or will just reject. I am here to make the job easier and acceptable for normal usage. 99.9% of you will never walk the boards on a competition so why the fuck should you take the risk and double, nay, possibly quadruple the risks. Is it worth it? Come on ask yourself really - is it? OK then if YOU feel that the risks are worth it then this book is not for you. I best hold there and save my rant for later as I really get wound up when I get into this subject because those that wish to fuck up good advice soon create their own following of nut cases who will take whatever amounts to achieve, well in most cases, very little but problems. I digress again.

Can we date gear info?

This is going to piss a lot of publisher/authors off but you have to understand that there is only so much information that can write about the gear. There is also a limited amount of gear that we can actually say is real and genuine gear. I am sorry but that is the case. Unfortunately the counterfeiters have gone from strength to strength and even better with their copying technology. Now this may seem strange to say but there are some counterfeiters that have realized that putting absolute fuck all in their products at one time was the way to go; it was cheaper to produce, profits were better but in the long run word got around so fast that eventually no one would go near their products - thankfully. So they decided that if they were going to counterfeit then it was best to at least put something in that was at the very least minimally anabolic and that is what has happened these last few years.

OK it is still bad for us if we cannot find the good gear but at least a deca instead of what should be a heavy test for example is better than nothing at all or even peanut oil which could be fatal for those allergic to any kind of nut product. The other alternative is usually a propionate that takes the place of many test cypionates or branded decas for other examples.

Look, I am not condoning the counterfeiting of steroids, totally the opposite, but at least I can tell you that in most cases now at least unfortunately if we DO hit on a batch of bad gear we have a little better chance of getting some steroid, even if it is not what we want. I know, I know, this is still not good but if we do get ripped off then we are getting something. Years ago that was not the case. I still do however hope that all counterfeiters have shits that resemble hedgehogs but there you go.

The point I am trying to get to is that many people keep asking me for updates on certain gears; "what's new with deca"? I get asked many times, "Why don't you write about something new?" or "Some new gears? "Maybe some new way how to take them maybe? OK, I see where you are coming

from and I take on board what you are asking - but - how the fuck can I write about something that I cannot invent!! How the fuck can I write about something that does not exist? Also, regarding the "new ways" of taking gear, HOW CAN I DO THAT? Do you want me to lie and give you a load of bullshit? I am sure that you do not want that, but there are many writers, magazines and bull shitters that will happily fill your head with that much shit you will not know WHAT to do. They will also "improve" on cycles such as mine or better them as they say simply by doubling the amounts that I give as safe! In some cases they have been tripled and then again! What happens then? I get calls asking why I give a certain amount of gear for a cycle as opposed to another that is quadrupled in size. Now, why would I stick to my guns for fuck sake? Think about it for a second…….

OK that's long enough. The reason that I stick to my guns, stay with what I know and do NOT go over the top UNLESS that "over" is gradual and steady is simple - I do it because it is safe for ME and even more important safe for YOU the person who is taking the advice from someone who does know - me! If I want infamy, notoriety and certain "popularity" based on the fact that I do not give a fuck simply because I make numbers up and publish them, then I would just close my eyes and type the numbers as they come into my head and that could be in ANY combination. See what I mean?

Sourcing your gear?

This is where you have to be real careful. Apart from the obvious local gym sources and contacts where you may be most successful, the internet is another source that is vast and no question but with it comes an even bigger chance of being ripped off or scammed as is the most popular title.
The trick with the internet is not to become being TOO confident with a new supply unless you are absolutely sure you know of the supply, their quality and of course their integrity and the latter will only be assured with time.
You see many of the internet sources would first lock on to your first few orders of smaller amounts and return your goods as fast at they could get them to you. This could happen on the next few orders and by this time most would not see any problems then with increasing their order quite dramatically; now THIS is where you can get trapped - why?

Well as an example let's say if your first order was for say £150 or $200 and the second the same, the skanky bastards that plan to rip you off would by this time encourage you to increase your order and save on postage and give discounts. I know of many examples of this, but one guy had ordered the first few orders at around $100 each and then decided to go for a BIG order of over $3000 or thereabouts.
As soon as the suppliers had received the nice lump of wonga (money), that was it, no more communication. He was fucked big style. He lost his money, no products and no more because the company concerned would not answer

any e-mail and there was no number to call.
Now it does not take more than a few to make these bastards rich at that game now does it, but the guy had dropped his guard AFTER being given the advice. Go figure. Just remember not to buy too big, do not get over confident, stay small and then if you do get ripped off at least you can limit your losses rather than a hefty amount. Also and most important is the use of credit cards. DO NOT give your details to a source that you do NOT trust 100%, you must be sure of your intended source before these details are passed over.

But not all of them are going to scam you; you just have to be careful. There are also many web sites that will give you lists that contain the blacklisted names of people or companies that are known scammers but this can also be used wrongly. Obviously I am bound to know where certain gears (steroids) come from, I would be a liar if I said I didn't know, but I also can say that these lists can be used by the wrong people against the good people. What I mean is that it is so easy for a shit company to black list a genuinely good one simply by putting their names up! Sounds a bummer I agree but that is what can happen and does so do not take a bad name AT FIRST as a definite bad source. Try and do a little homework or give us a bell, we usually know who the bad guys are - that's a fact!

Where can I buy pins?
www.getpinz.com is a US based web site and one of many that you can buy your pins from without any real problems. They will ship to the UK with no problems as far as I know. But there is an even easier and cheaper way. If you look in your local area or nearest city there are usually these drug rehab or advice centres. Now it is at these places that you will be able to pick up your pins for free usually and get the advice needed for their usage. All you have to do is give a name or at least the area you are in to qualify for free needles. Their main concern is that you do no share needles and spread the Aids virus or any other transferable disease for that matter. These places are manned with friendly, helpful people so a few minutes of your time is all that they ask and as I have said, it is free. They will also give you one of those disposable containers for putting your used needles in, now this is handy and in some cases the only stipulation that they insist on - makes sense mind.

www.getpinz.com

Simplified Injection Proceedures

Simplified Injection Procedure

TOP

Far too many people make far more out of injecting than is really necessary.

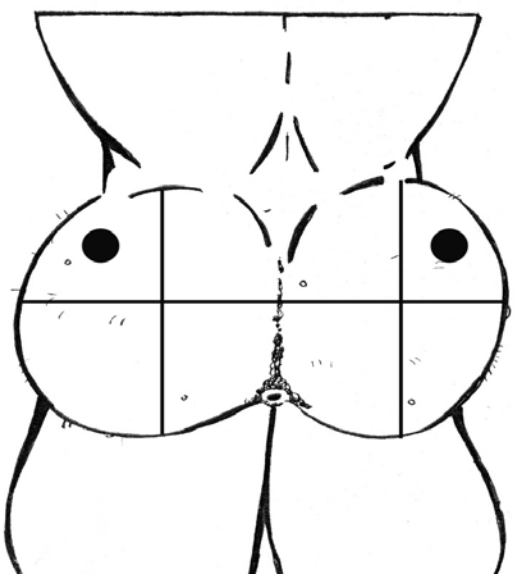
This guide is to show the easiest, safest method of injecting anabolic steroids.

Most importantly cleanliness is of utmost importance; always remember to **WASH YOUR HANDS** and keep the area being injected clean at all times. A good way is to use one of those baby wipes prior to using an alcoholic swab.
The most common places to inject are usually in order of preference Glutes (butt), quads (upper outer thigh) or side deltoid (shoulder) As seen on the previous picture.

To start with we always recommend the glutes as first choice as these are the large well developed muscles which are really the simplest place to inject and contain very few blood vessels and nerves.

When injecting the glutes divide the butt cheek into 4 quarters. You want to be injecting into the upper, outer quarter.

If you imagine a clock, the injection sites would be at 2 and 10 o'clock as a guide.



The equipment you will need to inject safely is the following:-

- **3-5ml syringe**
- **1 x Green 21g 1.5" needle or either a blue 23g 1.25" needle**
- **Vial Breaker or a small file**
- **A few alcoholic swabs**
- **Steroid of choice**

A little tip is to hold the vial in your hand for a short while to warm the oil or even hold the unopened vial in a cup of warm water; this will help in both drawing up and injecting and in some cases stop the jab from stinging.

Push and twist on the green needle onto the syringe and push any air out that may be in the syringe (see pictures).

Using a small file gently file round the edge of the neck of the vial and score a line all the way round, once this is done gently snap the top of the vial off. In one quick snap. You will not always hit this right every time but with practice you will soon

master it. Note that should you snap it and it shatter, be careful not to get any small pieces of glass in the syringe. OK there is little chance of any of the glass being pulled in but nonetheless, be careful.

Note some gears, mostly multi-vials usually have a metal strip covering a rubber plug; this must be removed before attempting to put the needle in to the centre of the plug. There is usually a circle showing where to put the needle.

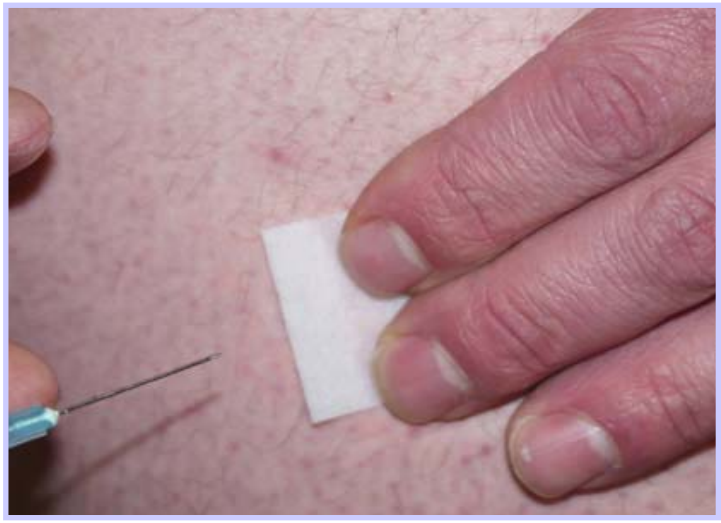
Now gently insert the syringe into the vial and carefully draw out the contents, slowly. Once the vial is empty pull back the plunger a little more to make sure all gear has gone into the syringe, replace the safety cap onto the needle then swap to the needle size of your choice. Green needle for the thicker oil; blue for the lighter mainly water based gears. Now you can use a blue for the thicker oil based gears if you like the choice is yours. It is just that some prefer the smaller needle for all injections, I prefer the greens personally.

Remove safety cap then push up on the plunger slowly until the gear starts to trickle down the needle, replace the safety cap as it is now ready for injecting.

For this example we are going to inject into the upper outer thigh so clean the injection area thoroughly with an alcohol swab.

Remove your safety cap from your prepared syringe and slowly push the needle in up to the hilt and pull out so that about half an inch is showing. Now holding the syringe firmly in place with one hand slowly pull back the plunger (this is called aspirating), this is to make sure you haven't nicked/injected into a vein, if you see any blood in the syringe then remove and

replace the pin and inject again (opposite side).



Sometimes you can pierce a small vein and this can bleed quite a lot but do not worry as long as you have aspirated then you are OK.

If there is no blood in the syringe then slowly push the plunger in, taking your time to inject.

Once all the gear has gone from the syringe then slowly pull the needle out of the injection site and apply pressure with a clean swab. If there is a little blood do not panic this happens from time to time as explained above, a bit of pressure applied soon sorts this!

After your jab has been completed then massage the injection site for around 1-2 minutes to try and disperse the gear easier.

"Always make sure you dispose of your needles carefully!"

Home & Commercial Gym Training Systems

HOME & COMMERCIAL GYM TRAINING SCHEDULES
© Mick Hart Training Systems

The following training schedules have been designed specifically for home and commercial usage. There will obviously be exercises that you are not aware of or machines that you may not have but please contact me and I will do my best to advice in anyway that I can. (Just a little pointer here, home gyms usually consist in the main of dumbbell and barbell sets and commercial gyms, well mostly machines and free weights hence the reasons for the two categories).
I have tried to give as best a variety as possible so that all aspects of training are covered examples being total body training, split systems and single body part once a day training. All these systems have been proven in battle and I can guarantee that should the training be adhered to your gains will be rewarding. You only get out what you put into this game so work hard and reap the rewards.

The old story of whether or not training at home is better than at a commercial gym will always be top subject but it really is a personal thing. I personally trained for many years at a home gym albeit it was more than substantial in content and for those years preferred training on my own most of the time - again a personal thing. Training partners are a definite benefit and bonus should you wish to go for those poundage's a little more than you can handle on your own, plus the safety aspects are an obvious advantage.

The ideal choice is to have the best of both worlds to be honest. If you can equip your home with even the basics then join a gym and take advantage of the benefits of heavier and more varied machines and heavier free weights then all round it would be better for you.

This advantage is shown should you not be able to make the trip to the big gym for many reasons; late from work, too tired, babysitting name it, it happens and having at least the basics would mean that no workouts are missed or at least you can keep the condition that you have been working hard for; just a little point but an all important one to be sure.

Check out these varied home gym and commercial workouts given for you. Remember that it is always advised that you give each system at least a three month run before moving onto the next. Also and all important, if your gains are coming thick and fast there are a few main rules that you need to take note of:

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Don't mend it if it not broken. If a plan or schedule is working well, stay with it until it stops producing results.

Always try to better your results each time; even the tiniest increase in weight or intensity is bettering your performance.

Your body will relish the idea of a systematic routine so long as you take note of the previous point. It will adapt to the increases resulting in gains. Do not let your body get a chance to get bored, test it with ever increasing tasks and challenges. Toil to improve each time.

Listen to and respect ONE master. The worst thing that you can do is to be set in your mind and happy with your training only to lose it all to the confusion of a dozen different opinions that do nothing but conflict each other. Note my advice here as this one will particularly screw up your head - big style!

Keep a diary not only of your weights and diet but also of your attitude and feelings of how you are progressing, how you feel you can improve and the methods that you plan to use. Not only will this help you to plan the next training period it will be an interesting insight into what and how you have progressed AND should the need arise assist you in training yourself again should you stop and restart.

Stay focused but able to leave the gym until it is needed again. I can vouch that this one will surely fuck you up if not taken note of. OK I made a career out of the fact that I could not let go, but I also found myself NEVER to be able to let go - the gym has always followed me no matter where I have been or with whom I have been with. Bodybuilding is good but not that good you cannot let go. Trust me I know whereof I speak.

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NACLE
S
RITION
UMIX
UTRITION
NLAB
T-Rx
GNC

This system is varied in the way that it will allow you to hit the major muscle groups with varied exercises (please see accompanying notes), and also to attempt and record heavier poundage at the end of the weeks work-outs.

Please try to aim for the best possible style, and also remember to record all increased poundage. Three days needed, Mon, Wed, & Friday if possible, please contact if you require further info.

Day One: TOTAL

System is total, but will vary.
Warm up with **5 minutes of stretch**.

Prone triceps (skull crishers):3 x 10/12 superset with:
Barbell curls:3 x 12+ if possible.
Flat bench press:3 x 12/15 superset with:
Single arm rows: 3 x 10/12
Squats: 3 x 15/20
Press behind neck: 3 x 12/15 superset with;
Barbell shrugs: 3 x 8/10 (shrug high)

Abs:
Seated barbell twists:2 minutes
Weighted side bends:1 x 20 each side
Partial sit-ups:1 x maximum
Flat leg raises: 1 x maximum
(Do one set of each - one after the other as in superset fashion, this will count as one circuit. Complete three circuits if possible).

Day Two: TOTAL

Emphasis is on pumping and flushing the muscle groups.
Warm up well.

Pre-exhaust barbell curls:3 x 15/20 light pumps.
Close grip bench/triceps press:3 x 15/20
Good morning bends:3 x 12/15
Freestanding squats - no weights3 x 20/25
(Alternate footing wide and close)
Flat bench press:3 x 8/10 deep full stretches
Single arm rows:3 x 8/10 full stretch
Vertical rows: 3 x 10/12 each arm
Abs:
Flat leg raises: 1 x 25/30
Partial sit ups:1 x maximum
(Same system for circuits as day 1, attempt 3 full circuits).

Day Three: TOTAL

Total again but attempt weight increases if possible.
Long warm up here, stretch well.

Seated press behind neck:3 x 12, 10, 8.
Squats (with bar):3 x 15, 12, 10.
Inclined bench press:3 x 12, 10, 8.
Heavy barbell cheat curls:4 x 12, 10, 8, 8.
Slightly inclined prone triceps:4 x 12, 10, 8, 8.

Note:
There will be no abdominal training today; you will need all the energy you have. Plenty of carbs at least an hour before training will also help a great deal.
The point of this type of training is to shock the muscle into new growth, and it is quite acceptable to decrease the amount of sets in the first couple of weeks in order that you get used to the system. You will find that it will take some getting used to but it will produce results. Rest time between sets, suggest 30 seconds to one minute.

This system is hard, but will prove effective. Stick at it; try to increase your stamina gradually. Result will not come if optimum performance is given.

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Home Gym Training System Two

This system requires every other day training if possible, but obviously due to any difficulties arising train as often as possible.

It is another version of the successful three day systems but note the differences in repetition ranges on most exercises as they tend to be higher here.

Day One: TOTAL

D/bell lateral raises: 2 x 12/15
Free standing squats: 3 x 10/12
Flat d/bell press: 2 x 12/15
Flat flyes: 2 x 12
Barbell rows (careful here): 3 x 10/12
Prone triceps: 3 x 12/15
Barbell curls:3 x 12/15

Abs:
Standing bar twists: 2-3 minutes
D/bell side bends: 2 x 15/20 each side
Flat leg raises: 2 x max each set
Bent knee sit ups: 2 x max if possible.

Day Two: TOTAL

Vertical rows:3 x 12 to 15 range
Stiff legged dead lift (careful here also) 2 x 15
Inclined d/bell press: 2 x 12-15
Inclined flyes: 3 x 15
Single arm d/bell rows: 3 x 12-15
Alternate d/bell curls: 3 x 12-15
D/bell triceps stretch: 2 x 12 each arm

Day Three: TOTAL

D/bell lateral raises: 3 x 12/15
Free standing squats: 3 x 10-12
Flat d/bell press: 3 x 15
Flat flyes: 2 x 15
Barbell rows: 3 x 12
Prone triceps: 3 x 15
Barbell curls: 3 x 12/15
(Abdominal training as day one)

Note:
The training system given here will most certainly produce results only if you give it your all. Do not think that it will be an easy task, no way! What it will give you is the confidence that you are in need of to succeed.

When you start off, aim for just a few sets at first, then gradually move up to the maximums that have been given. Take as much rest as you need and move on to the next set only when ready.

You can reduce the amount of time between each set as you progress. Do not try to rush into it to fast. The results will come, be assured, so hang in there and do the business.

****

This system requires four days, e.g. Monday, Tuesday, Thursday & Friday. The weekends MUST be kept for rest and recuperation.

This will allow for the growth and repair of muscle tissue, including conditioning.

This workout is also designed to save time and make sure that recovery is a main factor.

Days One & Three - Delts, Back & Triceps:

Warm up well, 5 minutes minimum.

Seated press behind neck: 2 x 8
D/bell lateral raises: 2 x 10
Single arm rows: 2 x 10
Dead lift 2 x10
Prone triceps: 2 x 10
Bench dips: 2 x maximum possible

Abs:

Flat leg raises: 2 x maximum
Partial sit ups: 2 x maximum
Seated barbell twists: 1-2 minutes.

Days Two & Four - Legs, Chest & Biceps:

Warm up well, include stretch

Full squats: 2 x 10-12
Good morning bends: 2 x 12-15
Single leg toe raises: 2 x max each leg
Flat bench press: 2 x 10
Flat flyes: 3 x 10
Barbell curls: 3 x 10
Alternate d/bell curls:2 x 10-12

Abs:

Light d/bell side bends:2 x 15
(No more abdominal work this day)

Please note it is important that this work-out would read as follows:

Monday - Day One
Tuesday - Day Two
Thursday - Day Three
Friday - Day Four.

The days set out are best stuck at if possible but should they not be compatible then obvious changes can be made to suit. The rest of the days would be left for rest and recovery.

Try to maintain your training style as best as possible. This will ensure that you will hit the body parts where they need it.

Another point is that you may feel your weights will be strongest at the beginning of the week so do not despair should you need to lower and pump out with lighter weights on the last two workouts of the week i.e. days 3 & 4

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This system is designed for 4 days training, Mon, Tues, Thurs & Friday as examples. The weight used is really secondary as the PUMP is the main concern here. The training should be both fast and good style, this will ensure that each muscle group is hit accordingly and accurately using the triple set system.

An explanation will follow later in detail.

Day One - Legs, Chest & Biceps:

Triple set:
Squats: 3 x 12-15
Flat d/bell press: 3 x 10-12
Seated d/bell curls: 3 x 10-12

Lunges: 2 x 10-12
Cross bench pullovers: 2 x12-15
D/bell concentration curls: 3 x 8-10

Abs:
Barbell twists: 1-2 minutes
Flat leg raises: 1 x maximum
D/bell side bends: 1 x 20 each side
Bent knee sit ups: 1 x maximum
(Repeat two-three times, one set followed immediately after the other).

Day Two - Delts, Back & Triceps:
Triple set:

Seated press behind neck: 3 x 10-12
Bent barbell rows: 3 x 8-10
Prone triceps press/stretch: 3 x 10-12
D/bell lateral raises: 3 x 12-15
Stiff legged dead lift: 3 x 8-10
D/bell French press: 3 x 10-12

Abs:
Barbell twists: 1-2 minutes
Flat leg raises: 1 x maximum
D/bell side bends: 1 x 20 each side
Bent knee sit ups: 1 x maximum
(Repeat two-three times, one set followed immediately after the other).

Note:
This is a triple set system and should be done in similar fashion as that of the super set system. The first set followed immediately by the second etc.
There is no rest between the sets as they fall into place, rest should be taken when the triple has been completed.
Remember that although the system calls for speed and pump you must still pace yourself and get used to it gradually. This workout would be used for conditioning and weight loss assistance for instance. An excellent system but just take your time and you will get up to speed.

****

Commercial Gym Training Systems

System requires: 4 days training, no less and absolutely no additions! After the 2nd day, take only one day off and then revert back to the system.

The days off can be filled with a little extra aerobic exercise, but just a little.

Rest and recuperation is vital in any training system.

Day One - Legs, Delts & Abs:

Warm up well.

Thigh extensions: 3 x 12-15
Leg press or squat: 4 x 15, 12,10,8
Leg curls: 3 x 10-12
Standing machine calf raises: 3 x 15-20
Seated d/bell lateral raises: 3 x 10-12
Superset with
Upright/vertical rows: 3 x 12-15
Barbell shrugs: 3 x 8/10

Abs:

Flat leg raises: 1 x max reps
Light d/bell side bends: 1 x 15-20 each side
Bench crunches: 1 x max reps
Seated barbell twists: 1 x 2 minutes

[Complete one set of each to complete a circuit of 4 - repeat 2 more times].

Day Two - Chest, Biceps & Abs:

Warm up well
Inclined d/bell press: 3 x 10 - 12 [Low incline]
Flat bench press: 3 x 12 - 15
Superset with
Flat flyes: 3 x 15
Preacher curls (straight or e/z): 3 x 10-12
Seated alternate d/bell curls: 3 x 12
D/bell concentration curls: 2 x 10-12

Abs:
Seated barbell twists: 1 x 2 minutes
Good morning bends: 1 x 20-25 reps
Flat leg raises: 1 x maximum reps poss.
[Complete 2 circuits].

Day Three - Back, triceps & Abs

Warm up well
Lat-pull downs to front, (hit upper chest) 3 x 12-15
Base pulley rows/low row: 3 x 12 -15
Lat pull downs to back of neck: 3 x 12-15
Prone triceps (skull crushers): 3 x 8-10
Triceps pushdowns: 3 x 12-15
Abs: as that of day one.

Note:
You must endeavour to strive for as perfect a style as is possible. This will ensure that you will hit the areas that have been targeted for you.
Format is as example; Day 1 - Monday, Day 2 - Tuesday - Rest Wed - Day 3 Thurs - Day 1 Friday - Sat & Sun rest - Monday Day 2 etc and so on. Where the system asks you to pump, this means that you must continue to failure as best you can and hard!

****

commercial Gym Training system Two

System requires three days on and one day off.

DO NOT hang about with the rest periods - **HIT IT HARD AND FAST!**

It can most certainly be adjusted to suit your own training day requirements.

Day One - Biceps, Triceps & Abs:

Single arm concentration curls: 3 x 8 -10
Barbell Curls wide grip: 4 x 12
Single arm preacher curls: 3 x 10-12

Single are D/bell stretch: 3 x 8 -10
Triceps pushdowns: 4 x 12
Bench dips: 2 x max reps pump

Abdominals:
Barbell twists: 2 minutes
Bench crunches: 2 x max reps
D/bell side bends: 2 x max reps - feel stretch in abs
Flat leg raises: 2 x max reps

Day Two - Quads, Leg Biceps & Calves

Squats wide stance: 4 x 12 -15
Leg Press: 4 x 12 -15
Lunges: 2 x 15
Stiff legged dead lifts: 3 x 8 -10
Leg curls: 4 x 12-15
Standing calve raises: 5 x 15 - 20

Abs:As day one

Day Three - Chest, Back & Delts:

Flat d/bell press: 4 x 10 -12
Inclined flyes: 4 x 12 -15
Flat flyes: 3 x 12 -15
Lat pull downs to front: 4 x 12 -15
Barbell rows: 3 x 8 -10
Lat pull downs to back: 4 x 12 -15
D/bell lateral raises: 4 x 10 -12
Seated d/bell press: 4 x 10 -12

Nice and low on bottom part of movement so that the delts get a full stretch. This should be enough for this area as the previous body parts will hit the delts area also.

Note:
On the third day make sure that you rest well. Work the abs on days one and two, rest them on the third. Your energy should be aimed at the major, yet basic exercises which will result in better tone and condition.

After the last days training, take the day off and then start the three day routing again i.e. three on and one off as system states. I like this one a lot.

****

Commercial Gym Training System Three

System requires only **ONE** major body part per day, 5 days a week - no more than instructed.

It is important that only the training given for the day be done. The growth that can be derived from this can be quite amazing if adhered to. Delts to be done on low sets a few days per week as shown.

This is NOT over training.

Day One - Delts, Legs:

Warm up well

D/bell lateral raises 4 x 10 -12
Squats 4 x 15, 12,10,8 increasing weight.
Hack squat 4 x 12, 10, 8, 8
Thigh extensions 4 x 10 -12
Standing Calve raises 5 x 12 -15

Day Two - Delts, Chest:

Warm up

Press behind neck (Smiths) 4 x 10-12
Flat bench press 4 x 8-10
Inclined flyes: 4 x 12
Cable crosses: 4 x 10-12

Day Three - Delts, Back:

Bent over lateral raises 4 x 8-10
Lat Pull downs 4 x 10-12
Bent over rows 4 x 8-10
Seated pulley rows 4 x 8-10

Day Four - Triceps, Biceps

Triceps pushdowns 4 x 10-12
Close grip bench press 4 x 8-10
Seated e/z bar press
(Lower to back of neck) 3 x 12
Barbell curls 4 x 8-10
Seated alternate d/bell curls: 4 x 8-10
E/Z preacher bar curls: 3 x 10-12

Day Five - Delts, Leg Biceps/Hamstrings

Seated d/bell press 3 x 10-12
Leg curls: 4 x 12
Dead Lifts
(slight bend on knees here) 4 x 8-10

Please note:

Abs and calves can be done after one weeks training on this system. The reason is that you need to find out when your energy levels are at maximum. If possible, try to fit them in when you feel strongest. You must hit the muscle groups very hard in order that they are worked enough for the next time - it will work well.

I would advise that nothing extra be added to this system unless advised. The system is proven and works.

It is also important NOT to alter the deltoid training on the days given in this system. Should you do so, the workout and the reason for its construction would be pointless.

This one is the one that works for me on any plain and I can honestly say that this is my favourite training system to date.

****

commercial Gym Training system Four

System requires **FIVE day training** with only the amounts given to achieve the complete workout.

The tendency would be to add much more each workout, but if this is done i.e. for the first few days, then one would find that the rest of the workout of the latter parts would suffer from a lack of intensity.

Stay with the amount given and this will reduce the time in the gym, assist you in being able to increase the intensity and be in the gym, trained and out - in an ideal world.

Day One - Calves, Leg Biceps, Quads:

Standing calve raises 4-5 x 12-15

Stiff leg dead lifts 4 x 10, 8, 6, 4
Leg curls 4 x 12, 10, 8, 6
Squat 4 x 12, 10, 8, 8
Thigh extensions 4 x 10-12

Day Two - Chest, Abs:

Inclined bench press 4 x 12, 10, 8, 6
Inclined flyes: 4 x 12
Flat bench press 4 x 8-10
Cable cross 4 x 10-12
Flat leg raises 3 x 20 plus
Crunches 3 x max
D/bell side bends 2 x 15-20 **(not heavy)**

Day Three - Back, Rear Delts, Calves:

Lat Pull downs front 4 x 12, 10, 8, 6
Bent over rows 4 x 12, 10, 8, 6
Seated pulley rows 4 x 12, 10, 8
Bent over lateral raises 5 x 12, 10
Standing calve raises 5 x 12-15

Day Four - Delts, Hamstrings:

Press behind neck 4 x 12, 10, 8, 6
Db lateral raises 4 x 12, 10
Seated Front barbell press 4 x 12, 10 etc
Leg curls 4 x 12, 10, etc
Dead lifts (slight bend on knees here)4 x 10, 8, 6, 6

Day Five - Arms:

Barbell curl 4 x 12, 10, 8, 6
Seated alternate d/bell curls: 4 x 8 -10
E/Z preacher bar curls: 3 x 10 -12

Seated triceps press 4 x 8 -10
Close grip bench press 4 x 8 -10
Triceps pushdowns 4 x 8 -10

Note:

Excellent little system is this. Doing ones hamstrings twice is recommended here as it is a body part that many miss and it is surprising how much growth it stimulates as with calves. Dead lifts are GREAT for mass all over as well as the lower back. It is MOST important that we keep the BALANCE optimum. Most do not!

5 days only - workouts should take about an hour to an hour and a half at most. Please remember to keep the time periods between sets low - keep the pump up!

Remember to alternate the arms from triceps first one week to biceps the other etc.

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Why is Diet so Important

Why is diet SO important?
This may be the MOST important part of the book for you to understand, not the actual diets that we are suggesting but the understanding behind the importance of a good and regular diet. You MUST take this part and lock it into your heads as soon as possible because your growth depends on it seriously.

Most people would and do reply on the supplementation i.e. protein powders, vitamin supplements etc in the hope that they will supply the body with all of the important and necessary nutrients a bodybuilder would need. Yeah right in an ideal world this would be so, but unfortunately it is not so. The reason this is not so is because although the MRP's (meal replacement packs) and high tech protein powders do contain shit loads of essential vitamins and minerals but not enough for you to have any to spare that is IF you used these in the main. You must use the basic foods that are in fact the cheapest and best way to go for growth.

These of course include eggs, chicken, beef, turkey, fish, in abundance and to include: pasta's, rice, bread, potatoes and of course a variety of fruit and vegetables. OK, we have heard this shit loads of times, but what many do not understand is that the BIG secret that successful bodybuilders have and use over and above most of you is that they DO actually do what the rules say and that is eat regularly, high protein, medium carb and low fat at proper and regular intervals and maintain that regularity. If you are looking for that BIG secret then that is IT! No kidding that is it!!

Steroids will help of course, but only a little. Lifting heavy weights, yep, that will also help (not being sarcastic here) but the most important part IS eating at regular and set times. Even if you are not hungry, it is vital that you try and get something down because your body will accept smaller meals easier; process and digest them easier and also will help you keep the fat levels to a minimum because your body is using the foods at a faster rate and being able to use the nutrients quickly and efficiently. Sounds too simple eh? Maybe so, but I am afraid to say that should you fail in your attempt to achieve growth and success through then I am 99.9% sure that it will be this area you will have failed in. Trust me.

Now there are those that would like to believe that a lack of diet can be supplemented with shit loads of steroids. These types of fuck nuts would have you believe that even a small amount of gear would still utilise the minimal amount of protein intake and you will still grow; they are wrong. What WILL happen is that you will grow OK no argument there, but liken it to building a wall as an example. You have so many bricks, you use them then there

is no way that you can build unless you add more bricks right? A sensible but suitable analogy would you not agree. But you would NOT grow because it would not be possible without any more bricks, simple but it makes sense. OK you would be able to make the wall look better i.e. condition it, but trust me it ain't gonna grow anymore of that I am sure. This may be how you wish to look but for most growing is part of the game and without a regular supply of bricks the wall will stay the same come rain or high water. Same goes with your body; it will get harder but no bigger I can assure you of that!

The best tip here is to eat if possible every three hours. If you cannot eat, then drink; this is the ideal opportunity to add the protein shakes as they were intended for - to supplement your diet. They are perfect for this reason alone as may cannot eat a solid meal every three hours but find it easier to sit down, relax and drink.

But to summarise, a regular eating plan is in my opinion THE MOST single important thing you can do to make your training go with success; I have no doubt in my mind that is so. In all of my years, the students, clients who have enjoyed the most success are easily the ones who have given their diets the up most priority the built the rest of their training around this factor.

"…..This may be the MOST important part of the book for you to understand, not the actual diets that we are suggesting but the understanding behind the importance of a good and regular diet….."

Suggested Diet Plans & tips
What follows are three diet plans, two of which are weight loss plans and the last one is as stated a mass and build diet - please remember to check that you are using the right one for your needs should you wish to use them. Of course they are only suggestions as we don't know what sources of food you prefer use and so we suggest what we would use as a general idea.

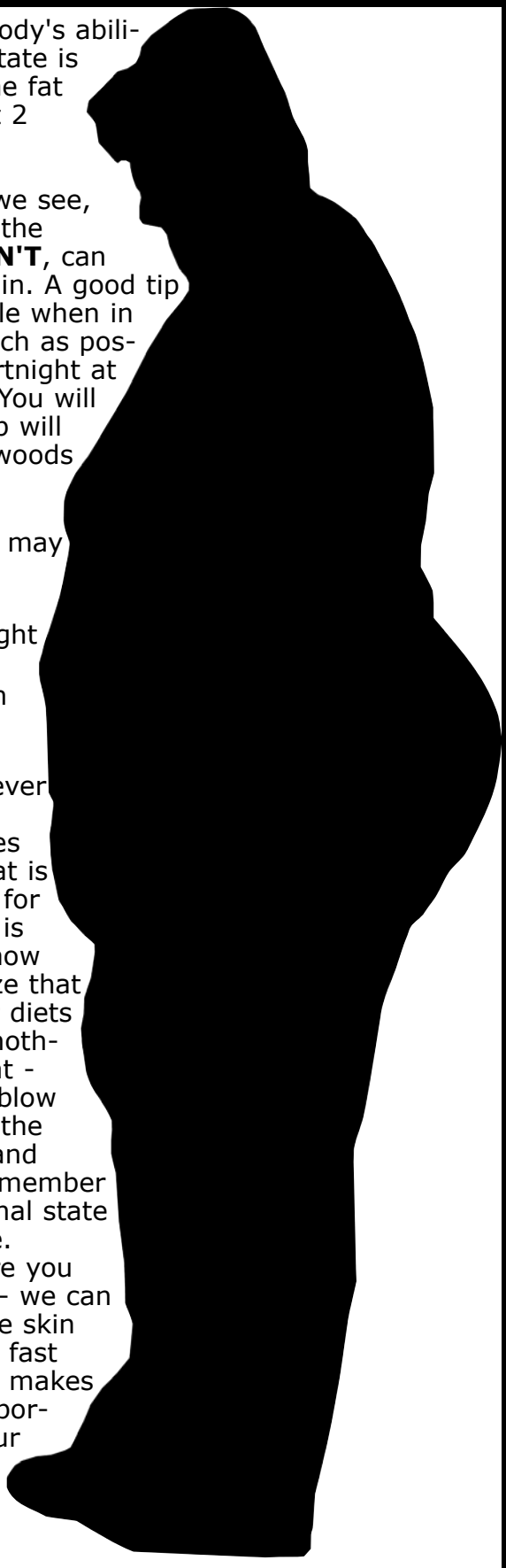
The ideal time or rather optimum time that we can lose weight is the period before breakfast or ideally the time that we could do our cardio BEFORE breakfast. Our bodies are usually craving carbs in the main for the day ahead and with no food in our bodies we tend to use some of our stores of fat at this time more than any other; obviously due to the "fast" that we have gone through during the night so the glycogen levels are exhausted.
If you could do a small amount of cardio before breakfast you would see significant losses in weight over a small period of time, but the training has to be consistent and assisted with a calorie controlled diet BUT even if your diet was not 100% the fat loss would still be significantly more than usual. However it does not have to be weight training you could maybe try a small amount of cardio or a short walk which would certainly suffice as a start. You would be boosted for the rest of the day.

Drinking plenty of water also boosts the body's ability to lose weight. Being in a dehydrated state is not only unhealthy but also slows down the fat burning process. Suggest drinking at least 2 litres of water a day.

Mirrors are our friend when we like what we see, but checking in and not being able to see the minute differences simply because we **CAN'T**, can reduce moral so fast that we tend to give in. A good tip here is to stay covered as much as possible when in training, stay away from the mirror as much as possible and weight yourself **ONLY** once a fortnight at the minimum but once a month is better. You will be amazed at the difference this simple tip will help. Ever heard the term "Can't see the woods for the trees"?

These are just a few tips to help and they may not seem to be of all that much help but should you think that way have you ever wondered why someone else can lose weight better than you? Could it be that they are using all of the available tips that they can use?

Another point and an important one too, ever wondered why people prefer cardio over weight training. OK I know that cardio does burn off more fat than weight training, that is obvious, and also that cardio is important for the heart and general health - now **THAT** is something that I can relate to and know how important that is. But you must also realize that most people fad diet, they tend to aim for diets that will get the weight off quickest. OK, nothing wrong with that in its basic idea format - BUT think about what happens when you blow up a balloon, tighten and stretch the skin the more air you blow in? Well it gets bigger and stretches out of shape and the thing to remember is that it does NOT revert back to its original state and therefore remains in a stretched state. Now with a balloon there is not much more you can do really but with our bodies there is - we can tone them; tone the muscle and pull in the skin and prevent the baggy skin problems that fast dieting can bring. Now I am sure that this makes sense. Weight training **AND** cardio are important together to achieve the best out of our training and to achieve the optimum results we have to combine the two as closely as possible.



Weight Loss & DIET

Weight loss & Maintenance Diet - Diet One

Breakfast:

3 Boiled/poached/scrambled eggs
1 slice of whole-wheat toast, spread thinly with low fat margarine
2 pieces of fruit of your choice, a cup of black coffee or tea (with Sweeteners), orange juice if preferred
Supplements must follow

Mid-morning snack

2-3 rice cakes with very low fat cottage cheese or tomato. If sweet snack preferred, try using low sugar diabetic jam

Lunch

Quarter slice of melon with a carton of low fat cottage cheese
2-3 crisp-breads of your choice
Large side salad of your choice, add low fat dressing if preferred.

Or

Large chunk of brown crusty bread spread thinly with low fat butter add tuna and sweet corn mix as an example or even better chicken/turkey
Add salads if preferred

Mid-afternoon snack

Protein shake made with water OR 2-3 rice cakes with very low fat cott age cheese or tomato. If sweet snack preferred, try using low sugar dia betic jam

Dinner

Go for pasta or rice meals here, with meat of your choice as the main course with plenty of side salad.
Low fat yoghurt
Large glass of cold water with pure lemon juice added.

Before bed

Protein shake made with half pint semi skimmed milk

Weight loss & Maintenance Diet - Diet Two

Breakfast

3 eggs scrambled in a little vegetable oil
2 crisp breads spread with non sugar jam.

Or

Half a grapefruit with low calorie sweeteners if used followed by 2 poached eggs on whole-wheat toast (2)
Supplements with orange juice or coffee (se semi-skimmed milk if possi ble at all times, if required).

Mid-morning snack

1-2 rice cakes with very low fat cottage cheese or tomato.

Lunch

Baked potatoes sprinkled with low fat cheese or beans
Side salad of lettuce and tomatoes
Fruit of your choice; followed by either fruit juice or cup of coffee.

Mid-afternoon snack

Tinned fruit e.g. pineapples, pears must be in own juices.

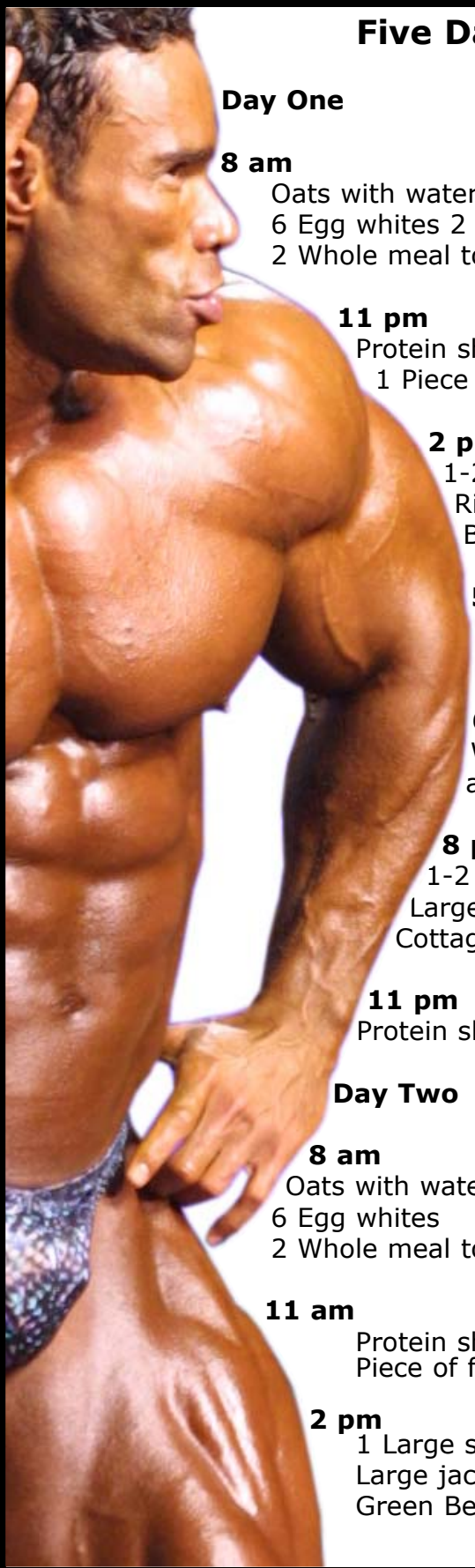
Dinner

Cheese and eggs in a little low fat mayonnaise with a large cut of crusty bread
Suggest four eggs and take out the yolks of two eggs. Remember that you will still get the protein from the white and lose the fat which is in the yolk.
Water and lemon juice as a main drink

Before bed

Protein shake made with half pint semi skimmed milk

"....Even if you are not hungry, it is vital that you try and get something down because your body will accept smaller meals easier...."



Five Day Mass Build Diet Plan

Day One

8 am
Oats with water
6 Egg whites 2 yolks
2 Whole meal toasts

11 pm
Protein shake with water
1 Piece of fruit

2 pm
1-2 chicken breasts
Rice
Broccoli

5 pm
Protein shake with water and honey
1 Piece of fruit

6 pm
Workout followed immediately with
a high protein/carb shake with water

8 pm
1-2 chicken breasts
Large jacket potato
Cottage cheese

11 pm
Protein shake with water

Day Two

8 am
Oats with water
6 Egg whites
2 Whole meal toasts

11 am
Protein shake with water
Piece of fruit

2 pm
1 Large salmon/tuna steak
Large jacket potato
Green Beans

5 pm

Protein shake with honey and water
Piece of fruit

6 pm

Workout followed immediately with a high protein/carb shake with water

8 pm

1 turkey breast
Pasta
Mixed vegetables

11 pm

Protein shake with water

Day Three

8 am

Oats with water
6 Egg whites 2 yolks
2 whole meal toasts

11 am

Protein shake with water
Piece of fruit

2 pm

1-2 chicken breasts
Pasta
Salad

5 pm

Protein shake with honey and water

6 pm

Workout followed immedi ately with a high protein/carb shake with water

8 pm

Large salmon/tuna steak
Rice
Green beans

11pm
Protein shake with water

Day Four

8 am
Oats with water
6 Egg whites
2 Whole meal toasts

11 am
Protein shake with water
Piece of fruit

2 pm
1 turkey breast
Pasta
Sweet corn

5 pm
Protein shake with honey and water

6 pm
Workout followed immediately with a high protein/carb shake with water

8 pm
1-2 chicken breasts
Large Jacket Potato
Broccoli

11 pm
Protein shake with water

Day Five

8 am
Oats with water
6 Egg whites 2 yolks
2 Whole meal toasts

11 am
Protein shake with water

2 pm

Large chicken breast
Large jacket potato
Cottage cheese

5 pm

Protein shake with honey and water

6 pm

Workout followed immediately with a high protein/carb shake with water

8 pm

Large sirloin steak
Large jacket potato
Green beans

11pm

Protein shake with water

This diet is set over 5 days, by all means swap and change meals as you wish. Add 10-15g of Glutamine and 1/2 teaspoon of creatine to some flavoured water and sip throughout your workout.

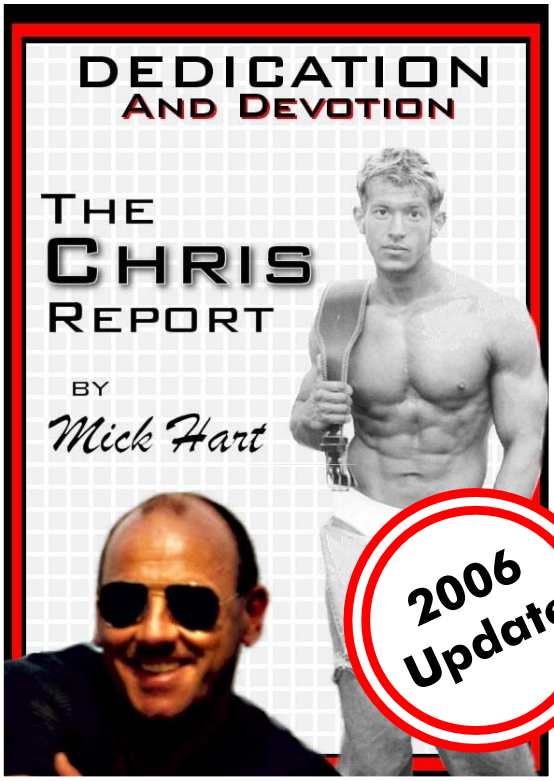
Stir fry your food or add sauces to taste. This is by no means strict but it will give you very good lean gains.

Feel free to add cheat meals, the weekend is good for this as by the time the week is out you really will look forward to them. Just remember to keep your protein content high with shakes.

Feel free to add cheat meals, the weekend is good for this as by the time the week is out you really will look forward to them. Just remember to keep your protein content high with shakes.

Weight Loss & DIET

Chris Report II Update



For those that have kindly asked about my son and his progress of late since the Chris Report and also the possibility of a Chris Report II I can say that we hope to produce a full on and detailed report in the coming year - we hope. But due to commitments both here at the office and indeed personal endeavors requiring extra attention these things have had to take a back seat for a while.

I do plan to put the details of his latest contest preparation down but to be honest it will take a shit load of time to put together the masses of information, but this we will do ASAP.

But for now, Chris has put together a basic run down of the prep that he used to help gain the mass that he did. I will also explain the basic but ACTUAL gear used but do not expect new and secret concoctions because there were none. No matter who believes what, using the basics DOES work and we have proved that.

Chris started training for the British Qualifier at Leamington Spa at around August 2003 at a bodyweight of 14st 7lbs (203lbs) then hit the bulk phase hard to come out at the end of January 2004 at a balloon headed 17st 6lbs (244lbs).

Although he achieved what he set out to achieve and put on the bulk he felt that he could only keep this weight for a short time as the extra weight truly slowed him down outside of the gym; hard to breathe, lethargic etc, but whilst in the gym the extra weight helped the BIG weights go up. So from circa February 2004 we decided that it was time for him to s-l-o-w-l-y start and trim the excess fat off but I emphasize it was done very gradually so as not to lose any muscle gained and there was plenty of that.

Throughout the training the gear that he used was as before very basic indeed. I cannot stress this enough but even though I make a point of this many times there are those that do not believe that Chris could have done what he has done on so little gear; but I will tell you that they are so wrong. I have never known anyone put so much time into their diet and as meticulous as Chris did. He slept when he felt a nap was needed and ate on time EVERY

time without fail. This included the dieting phase too, never have I seen so much dedication to such a phase and it worked.

We stuck with what we knew worked for Chris and avoided the heavy and toxic gears such as Anadrol, test suspension and methyl test. These nut case gears would not help and so we avoided them like the plague. We know what works and IF such a plan produces results we stay with it - why fix it if it is not broken!

One thing we did put more emphasis on this time was HGH. For as long as we could (financially and supply wise) we kept up the input of growth on a steady 4iu's every other day and on occasion even dropped down to a maintenance dosage of 2iu's EOD for short periods; more as a top up method and we feel this worked very well indeed. Again I MUST stress that there was no need to take the dosage higher because this IS what worked for Chris. We did not need to use insulin, DNP or heavy diuretics and would have not even considered them at any cost; said many times before, bodybuilding is good bit not THAT good. I admire my son even more for his beliefs which mirror those of my own. We would gladly stop what we do without question should we have to use these types of drugs that in my opinion bodybuilding does NOT need.

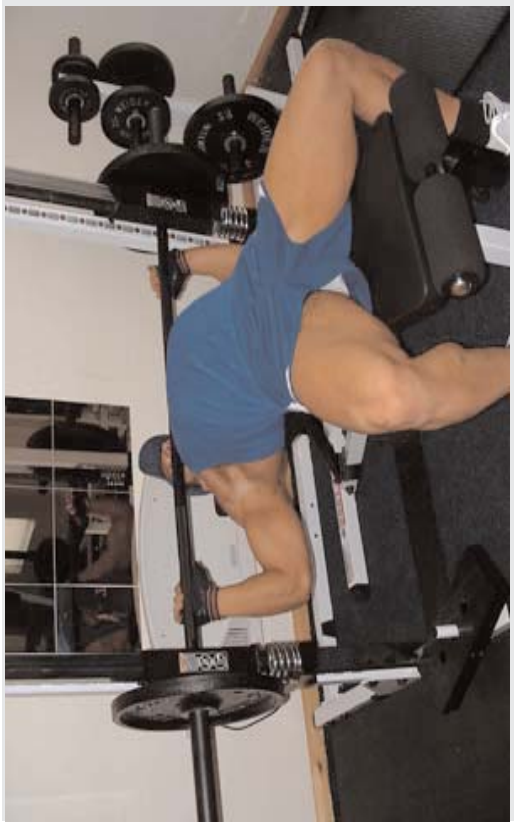
Chris Hart

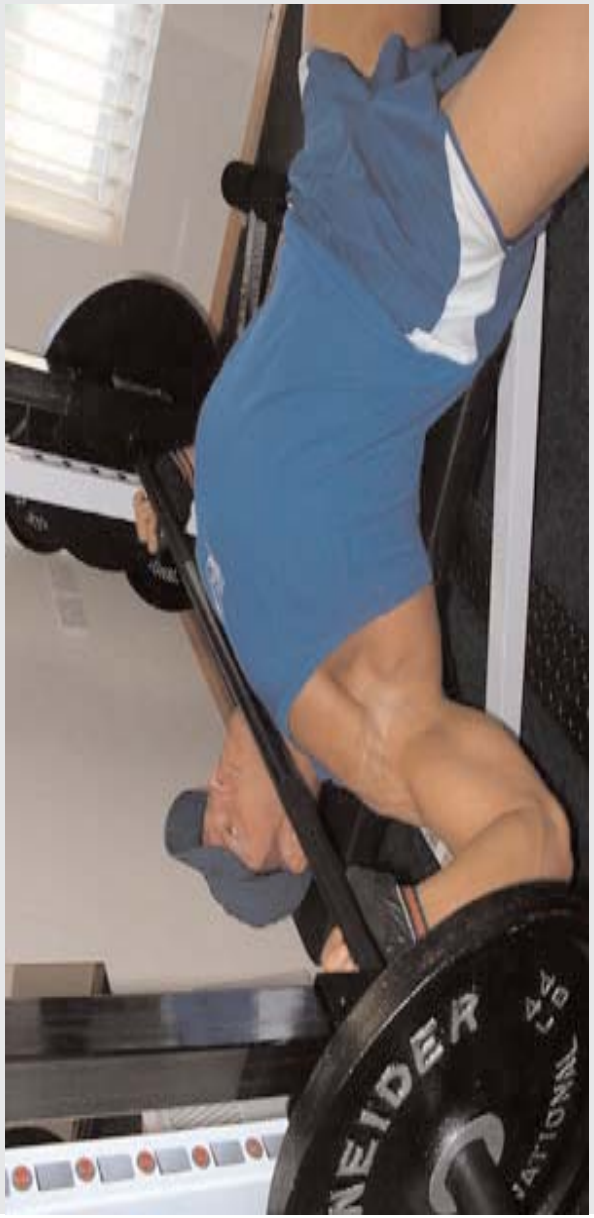
So, we stuck with the good old basics: Sustanon, Deca, Virormone, Winstrol and of course HGH. The anti-estrogens were Nolvadex and Proviron. The cycles were constructed mainly on 6-8 week but the first one or two stayed at around 10 weeks approximately; we needed to experiment and the beginning of the comp training was the time to test, not at the end. The results proved that the shorter cycles worked the best and we stuck with that throughout the whole training.
The Sustanon and Deca was injected in the same syringe every 4-5 days, the Winstrol every 3rd day and the Virormone every 4th day.
We stayed with this combo throughout the system, the pictures will tell the story of how it went and it went well.

Specialized Exercise Descriptions

by Chris Hart

BENCH PRESS





The Bench-press - incline/decline

The bench like any other exercise should be respected and given good style. Firstly make sure the bench is placed under the bar DUHH! Lie on the bench under the bar and place your hands approx 12 inches wider than your shoulder width. Now before you take the weight make sure the bench is in a central position. **DON'T** take the weight then suddenly try to readjust your self by squirming left and right trying to make your self-comfortable. Re-rack the weight and get comfy.

Slowly lower the weight toward the chest, across the nipples is the area the bar wants to be hitting whether flat, incline or decline. **DO NOT** bounce the weight on to the chest. Imagine the muscles in the arms and chest as brakes resisting the weight against gravity. 50% of the exercise is on the way down. Controlled decent is the key. On the up part of the lift drive the weight up back into an up right position.

On the way up avoid arching the back and putting un-wanted pressure onto the back of the head. This may cause strain to the back of your neck. Very important also is the breathing pattern of the lift. Inhale on the way down expanding the chest box and exhale on the drive deflating the rib cage.

DUMBELL FLYES

Dumbbell flies/flat/incline - Press/flat/incline

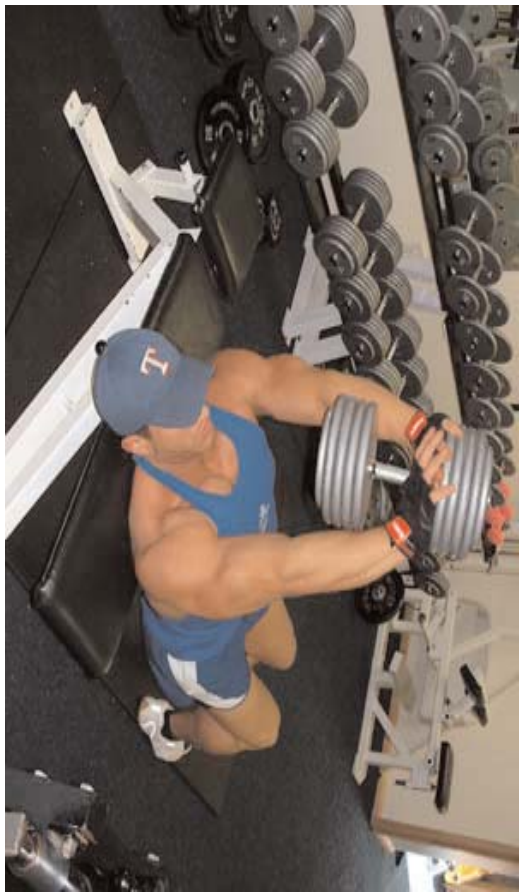
Many times have I seen people flying when actually they are pressing and vice versa. Although very similar the difference comes down to hand positioning and the depth in which the dumbbells will travel.

The fly and all its angles is the one I use more often than the press, personally I would rather bench than dumbbell press due to the fact that a fixed axis i.e. a bar allows me to move more weight, controlling weights on each arm takes considerable more control, however the benefit of using dumbbells for the press is the ability to go lower than a bar due to the chest halting descent.

The fly is a fantastic builder of chest mass and with the variations in this style, a great builder of centre development. Press the dumbbells into an upright position whilst lying back on the bench; this is your start position. The dumbbells should be vertical with your palms facing towards each other. In a controlled descent begin to lower the weights in a synchronised arc towards the level of the chest, from the bottom of the lift begin to drive the weight back to the start position. As the weight returns to the top rotate the dumbbells so that your palms face you and the weights are now in a horizontal position; squeeze and hold this for a count of two then repeat the whole process for desired reps.

The press follows the same principle as the fly but with small differences. The start position should see the dumbbells in a horizontal position at all times, and the descent and press should be a straight up & down piston type movement. Very important that the movement is straight as any arcing done whilst the dumbbells are in a horizontal position can cause damage to the rotator cuffs.

DUMBELL PULLOVERS



Dumbbell pullovers

I believe this movement to be invaluable in the entire chest development. Very rarely do I see many use it any more and is regarded as an "old school" movement but hey… if it ain't broke don't fix it!

The dumbbell pullover expands the chest box better than any exercise I know; expansion of the lungs under pressure and at the angle that the pullover is executed develops not only thickness in the chest but development of the Intercostals, abdominals, lats and front delts.

Start by lying across a flat bench. This is easier if a partner can pass you the dumbbell but if you train solo place the weight on its end at the end of the bench, once you are in position lean across and lift the weight onto your chest then push it up to the start position. Lay on the bench so your delts and head are both in contact, by keeping your head on the bench prevents the weight going to low and causing hip lift, hip lift inhibits isolation of the target area. Begin to lower the weight in a controlled manner keeping a slight bend in the elbows, as the weight approaches head level begin to bend the elbows further. Inflate your lungs and allow the weight to descend as far as possible whilst keeping your hips down.

IMPORTANT NOTE: Make sure the plates on your dumbbell are tightened BEFORE you begin this movement!

CABLE CROSSOVER

Cable cross - High & low

An exercise I am a big believer in for overall development and particular pec/delt tie in. The cable cross machine is an invaluable machine that can be used for many areas of the body as you will see especially in shoulder movements.

As weight increases whilst using this machine, it is important to find assistance in getting the weight to the start position. Seeing for myself how people start and finish with this machine by wildly snatching and throwing themselves into the movement then at the end allowing the weight to fall whilst being in a crucifix position can quite easily tear a pec or delt, either will leave you out of the game for many weeks. The start position should have the shoulders, triceps and elbows in a straight line with elbows bent at a 90degree angle and the handles at about chest height. Slightly bend at the waist at about a 45degree angle and place your feet one in front of the other for stability. Begin to drive the handles down to groin height until they meet and hold for a one count. It is vitally important at this point to control the weight back towards the top. As you reach the starting position allow the weight to take your shoulder blades back and get a full stretch at the pec/delt tie in. Repeat for desired reps.

If you have low pulleys on your cable cross (most do) then development of centre and lower pec can be achieved from this alternative cable method. Standing upright and proud of the base pulleys (this will position your hands slightly behind you) with one leg in front of the other and a bend in the front knee, Drive the weight by bending the elbows first and begin to bring the handles up towards and out in front of your face. I find keeping the palms facing up at all times and pushing the biceps against the edge of pecs gives that extra pump.

Pec crunches

A frown is the first thing I usually see when this exercise is mentioned to any one, however if its centre chest development and separation your after then look no further. This movement is very short and very simple but comes with huge results.

Take a heavy dumbbell; something that you would shrug with will be substantial and place your other hand, with fingers splayed, in the centre crease of your chest. Start with the dumbbell at your side. Keeping it close to your body at all times begin to swing the weight to your front and slightly lifting the delt so that the chest is squeezed against your spread fingers. Swing the weight past the starting point towards your backside and get a full stretch in the chest. Repeat with other arm to complete a set.

WIDE GRIP PULLDOWNS

Lat pull downs to front & back

For a muscle group as large and as diverse as the back, many angles of movement are required for positive back development. The lat pull down is a fantastic machine that provides many angles of attack. The standard wide lat bar attachment is my preferred tool during this exercise, however there are other tools you can use such as the straight or bent spade handle bar, the straight bar and V bars; using an array of different attachments allows us to keep the muscle guessing and forcing development. So if you have them available to you use 'em!

As illustrated I will be using the more commonly recognised lat bar. Take a wide grip. The bar is bent at the ends as an indicator to where you should be gripping it is also bent this way to provide natural movement during the exercise. Adjust the thigh pads so you are sat comfortably and locked into position. Begin to pull the bar to either the top of the chest or behind your neck. At the bottom of the pull try and get as much contraction as possible by squeezing your shoulder blades together, on the return allow the weight to descend under control and get the maximum stretch out of your back as you can. Then repeat for desired reps.

Pulling the bar to the front (top of the chest) or to the rear (top of the trapezius) hits pretty much the same areas of the back however, pulling the weight behind the neck, as I prefer, requires strict form due to the straight back which it demands. I also feel a far greater contraction is felt in the rear delts using this method over its opposite movement. On the flip side pulling to the front may allow you to move a little more weight. I always err on the side of form however on those days when you feel stronger try taking the bar to the front; allow a little swing in your back to help up those poundage's and overall strength gains.

HIGH PULLEY ROWS

Base pulley row

Like the lat pull down machine the wide variety of handles can also be utilised on this piece of machinery. My first choice has to be the V-bar attachment. The base pulley row is a machine I like to pull serious poundage with and the V-bar allows me to do this. Although I do use wider grips on this machine occasionally my preference lies with moving weight during this movement, I wider grip just doesn't cut it.

Set your feet on the footplates, take the bar and except the weight by pushing off with your legs. Leave a slight flex in your knees, this is very important! Your back should now be in an upright position with your arms out stretched. Allow the weight to descend under control leaving your knees flexed and bottom in the same place DO NOT shuffle forward. Allow your back to bend forward at get a full stretch. Using you back begin to drive back into an upright position keeping your arms out stretched, then in a fluid movement as you become upright pull with your arms whilst expanding and pushing out your chest. Try and get as much contraction in your back as you pull in the weight by squeezing your shoulder blades together. Allow the weight to descend under control then repeat.

High pulley row

An alternative for those with lower back problems due to the lack of lumbar rounding but overall a fantastic movement for the whole development of the trapezius and lats and one of my favourites!

Set up the lat machine with a V-bar attachment and an extension cable or chain. Select your weight. Take a good grip on the bar and place one foot on the seat pad, begin to lower yourself to sit on the floor then place the other foot against the edge of the seat so your legs are now elevated and you have a slight bend at the knee. Due to your low body position your starting point already is providing you with the weight at a fully stretched position. Begin to pull with your back to just past upright then as in the base pulley row pull with your arms getting full contraction in the centre back. Allow the weight to return to the start position under control.

SINGLE ARM ROWS

Single arm row

This is a movement that I truly believe in for the development of a thick back. I use it more extensively during the run up to a show, the reason for this like any other single arm movement it requires double the effort to complete one set, increasing the workload by increasing repetitions is the way to shape and chisel a competitive physique.

Taking only one dumbbell and a bench, position yourself by placing either your left or right hand and knee on a bench. The leg that is on the floor should have a slight bend in the knee. With your free hand take the dumbbell and lift with your back keeping your arm straight. Begin the lift by keeping the weight close into your centre of gravity and hauling it up so your shoulder and elbow are now in a horizontal position. Begin to lower the weight under control and allow maximum stretch of the back. Do not allow the weight to hit the floor the finishing position should mimic your start height.

Bent over / T-bar row

This exercise is in essence the same as a T-bar row however I don't have a T-bar available to me so the theory of "adapt and overcome" had to be applied.

Take a straight bar loaded only at one end and place the opposite end in the corner of a room or anything that can provide a secure 90 degree corner. You will also need a spotter to place his foot on the bar to make sure it doesn't come out of place and hit you straight in the balls! Now take a V-bar attachment and place it under the bar butt up to the plates. Hey presto a close grip T-bar. If you do have a fixed T-bar available to you then ignore the bastardised method just mentioned J

Stand over the bar so it runs vertically between your legs, take a firm grip of the handles, head up back straight and with flexion in your knees take the weight by straightening your legs but leaving a slight bend. Begin to row the weight up to touch your chest. Expanding the chest and meeting your shoulder blades together at the top of the lift begin to then lower the weight under control whilst always keeping your back straight and head up. Try not to let the weight hit the floor, get a full stretch of the back then repeat for desired repetitions.

SMITH SQUATS

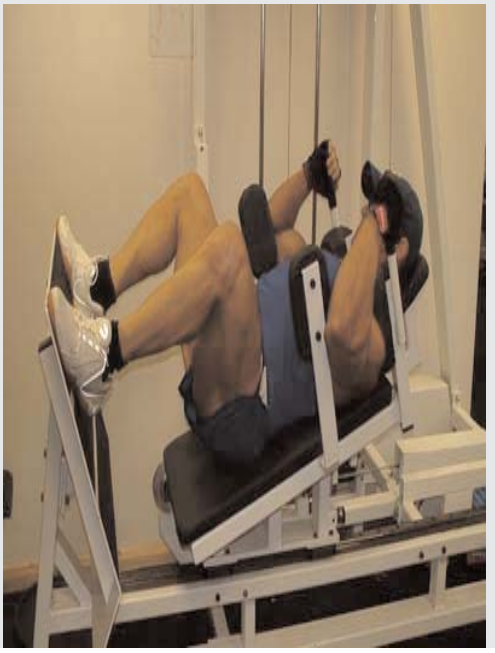
Squatting: wide, narrow and standard

Whether your squatting using a rack or Smiths the principles of the movement is the same however free squatting does require an extreme attention to detail for the lack of stabilizing features. Walk under the bar and get settled with the bar laying across the traps NOT the back of the neck. As you take the weight you should be straitening your legs to accept not standing on your tip toes to release the bar of too high a peg, stretching will leave you off balance. Your leg positioning is all dependent on the area of the legs you are wanting to hit, taking a very narrow stance will predominately hit the front of the quad, a wider stance with your toes pointing out will favour more towards the inside of the leg, finally a stance between the two will bring an equal balance of development. All the foot positions should be used and cycled to the best advantage. Squatting ultimately is a fantastic if not the best exercise for entire leg development used correctly I feel there is nothing to touch it.

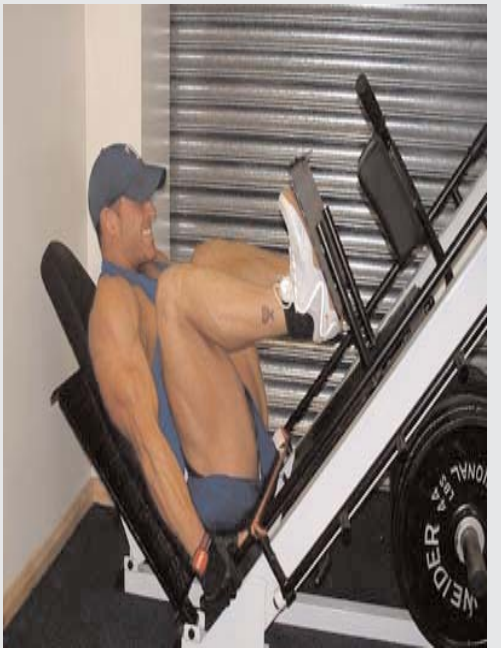
Depending on how supple your Achilles are all depends on how low you can go in your squat, at no point should your heels leave the floor; if at the bottom of your previous squats you have noticed this happening you should have a block of some sort under your heels to provide a full surface area for your feet, this will aid in stability and extra drive.

With a straight back and looking forward at all times begin to make a controlled decent. The lowest point you go all depends on your suppleness but at no point should you bounce at the bottom. The increase of weights in this exercise is generally quite quick however the knees don't necessarily get stronger proportionately to the rest of the legs, bouncing at the bottom can easily rupture and tear ligaments. Now the drive back up to the starting position should be as controlled as the descent keeping the head up and back straight.

HACK SQUAT



LEG PRESS



Hack squat

A great alternative to those with problems squatting, due to the back support this machine virtually eradicates lumbar problems. Hacks vary in design most look very much like a leg press placing your feet where you would have sat, the one illustrated in our gym is a flat hack, not as direct due to lack of body weight being pushed but still very effective.

The idea with the hack is to vary your feet positioning, as you would do with regular squats, hitting multiple angles for maximum development, the same feet positioning during squatting will have the same effect on the leg as on the hack. As far as the movement is concerned the machine is self-explanatory. PUSH THE DAM THING

Leg press

A pure power movement for development of all the legs muscle groups however favouring more towards the quadriceps. Some prefer pressing to squatting and vice-versa but if you can utilise both methods of development then huge legs will be yours.

Pushing freaky amounts of weight on the press is what attracts people towards the press over the squat, the reason for the weight increase is due to not having to push you own body weight plus being seated in a locked position provides isometric drive.

The press is quite self-explanatory, sit and push…well with a few notes to mention. Foot positioning is very important and should be varied to maximise leg development, feet high on the plate, extra wide and toes pointing out, however always make sure your feet are wider than your chest failing to do this will hinder your breathing pattern on the bottom of the press due to your knees reducing chest inflation. Go only as low as is comfortable, try to avoid rounding the bottom of your back, you can achieve this by getting the descent of the weight just right in relationship to your leg length.

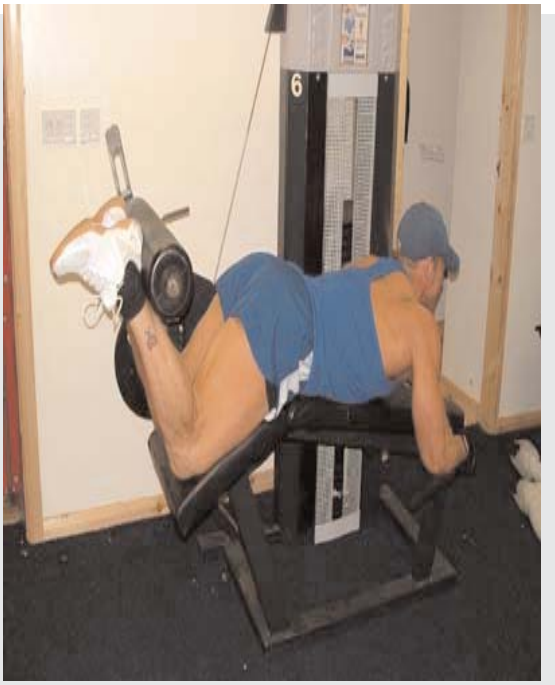
LUNGES

Walking lunges

If you have room available in your gym MAKE USE OF THIS MOVEMENT!! I can say NOTHING leaves my glutes in more pain than this exercise. The beauty of walking lunges is the natural opposite force it creates in relation to the quads, hams and glutes.

Start with a straight bar loaded to your comfort. Don't expect to be pushing squatting weight here as most of the force will be imposed on one leg at a time, form is the key. Stand with a clear run of at least 5 long strides ahead of you. As you take your first stride keep your head up and back straight and make sure the whole of your front foot is on the ground. Begin to bend the front knee and lower your back leg almost to the floor, try to avoid banging your back knee as this may throw you off balance. As you begin to stand drive forward with both legs keeping all of your upper body vertical and when both feet are back together repeat with the other leg. Repeat until you get to the end of your run, turn and return to your start position

THIGH EXTENSIONS



LEG CURLS

Leg extension & Leg curl

Where as squatting and dead lifting effects the entire leg and many other muscle groups within the body the leg extension & leg curl machine provides 100% localised development of the quadriceps and hamstring muscles. Used in conjunction with a variety of different movements, leg extensions and leg curls are a must for me in my leg routine.

Both machines are very simple to use and pretty self-explanatory. The machines in your gym maybe similar to the ones illustrated or you may be more accustom to a seated leg curl which ever you have the exercise is still the same.

With regards to both machines make sure that the seat and ankle pads are set to your dimensions. For the leg curl the leg pad should be comfortably placed at the back of you ankles at the start of the movement, failing to do this will prevent you from being able to get full contraction at the top of the lift. The leg extension ankle pad should sit on the top of your feet and the back rest should be flush up to the base of your back, failing to set the back rest correctly will allow you to swing your body weight and sacrifice form.

DEADLIFT

The Dead lift, stiff and sumo dead's

Used to mainly develop the lower back and hamstrings most people fail to realise that the dead lift is a pure power movement that not only increases over-all strength but also affects the entire muscular system, used effectively the dead lift as well as squatting can aid every body part.
Great respect should be practiced with this movement as with any exercise but due to the huge burden placed on the lower back heed this advice.

Take a straight bar with desired weight and place on the floor. Approach the bar with your feet at shoulder width apart and toes pointing at 10 and 2. Your shins should almost be touching the bar. Take a wide grip approx 8 inches wider than shoulder width. To get the most out of your lift before your grip gives out take a locking grip or over/under grip, and for even more use wrist straps. A lot don't like straps but if using them means that you can lift an extra 50lbs a side then so be it. Now lower your bottom into a sitting position. Keeping your arms straight and tension on the bar begin to drive the weight keeping your head up and back straight, once in an upright position slightly hyperextend the lower back. Make a controlled descent keeping head up and back straight and a slight bend in the knee. Try to repeat the next rep just before the weight hits the floor.

Stiff dead lifting is primarily used to hit the hamstrings although the lower back will be hit also. This movement should be executed with lighter weight due to strain to the knees. The start and finish to the lift is the same the difference is during the repetition. Once in an upright position begin to bend at the waist keeping your head up and back straight, keep your legs straight and bend low enough to feel the contraction in the leg biceps.

The sumo lift is just like a regular dead lift except for the foot position. Take a very wide stance and point the toes out 10 and 2. The sumo will hit a lot more leg bicep than a regular dead but due to the fact that you have flex in your knees the lift is much safer with a heavy load.

VARIED CALF PRESSES

Seated/Standing calf raises & Calf press

The two main pieces of equipment I use for my calf development. Both hit the same area but with slight differences in form.
The seated calf directs strain straight to the target area as you will see due to the difference in weight being pushed, due to the fact that being seated the only muscles you have available to push the load are the calves them self, a great developer of all three muscle groups.

The standing calf press is another great machine, although not as direct the machine does allow for variety in the movement. By varying the foot positioning within your set range each area of the calf (Soleus, Plantaris, Gastrocnemius) can be targeted.

To achieve a satisfying pump with the standing raise considerably more weight will be needed due to the involvement from the entire leg. Avoid shrugging the weight at the top of the lift with your delts, remember this is not the area we are trying to develop also keeping a straight back is important, AVOID HYPEREX-TENDING!

The third of three calf movements I like to use is the calf press. I will explain in detail here how I like to use all three-calf movements together and the differences I use in each for the complete package.

The press is the last movement in a cycle of three I use for overall development and it is the only movement I use through its entire range of movement. Set yourself in the press as you would if you were about to leg press. Bring your feet together on the footplate then slide them down so that only the balls of your feet are in contact. Push with your toes, take the weight and release the hand locks. From this tiptoe position slowly begin to lower the weight. The descent part of the movement is primarily hitting the muscle in the front of the shin (Tibalis anterior); allow the weight to descend as far as is possible. IMPORTANT! On the descent make sure you have enough area of your feet on the plate to keep control, if the plate was to slip of your feet the consequences could be catastrophic! Drive the weight back up to the tiptoe position.

The seated and standing raise I use together as a superset. I only use partial repetitions in these two movements but together they provide complete range. Seated movement = bottom to middle, standing movement = top to middle, calf press = top to bottom. Very fast short repetitions pre-exhaust the area to finish with a full range movement from the press

SHOULDER PRESS

Press Behind Neck

A great power and size builder or a pain and tear jerker. Are you doing this correctly? Let's walk through it. Firstly assess the weight your using, I cannot stress enough the need for technique and style over the weight that you're using. Sit under the bar very slightly forward and place your hands on the bar. Your grip, if you can see in a mirror, should show that your forearms should be completely parallel to each other. A lot of people I have noticed press with there grip too wide, this puts the wrists in an awkward angle which in turn will lead to other injuries. The exercise all the way through should show the forearms in a parallel position, plus the closer the arms to your centre of gravity the stronger you're press. Take the weight. Slowly in a controlled manner as in the bench press, lower the weight but this time to the back of the neck. I mentioned earlier about sitting slightly forward of the bar, this is so your not dropping your head forward to get the bar to the desired position. How many times have you hit the occipital bone (the lump on the back of your head) and wanted to rip the machine to pieces? I know I have. DO NOT bump the weight on the back of your neck; damage to any of the vertebrae here could put you out for good! Drive the weight back up to the up right position just before your elbows lock and keep your back straight at all times.

The same exercise can be done with dumbells. I feel that you achieve a greater stretch and contraction when performed like this. Both barbell and dumbell hit the whole delt area when performed properly.

LATERALS

BENT OVER LATERALS

Front raise

This can be done standing or sitting. Sitting it is a little more concentrated due to the lack of swing that can be generated. Take two dumb-bells and let them hang at your side. Start with either left or right arm and lift the weight with a straight arm up to about 110 degrees then slowly back to the start position, repeat with the other arm.

Lateral raise

Standing or sitting. Take a pair of dumb-bells but this time the exercise is done with both arms. Raise the arms to a horizontal position (90 degrees) keeping the arms straight at all times. At the top of the lift turn the dumbbells inwards as you would pour a jug. There are a few variations of this exercise but this is the core foundation of the movement.

Rear lateral raise

The method I feel the best for this is to find a soft surface like the top of an incline bench to rest your forehead on so you can bend over at a 90-degree angle. Take two dumb-bells now place your head on the surface e.g. the bench. Start the lift with the shoulders then lead with the elbows but keeping the weights pointing towards the floor. At the top of the lift snap the shoulder blades together to really pinch at the rear delts. Slowly control the weight back to the start position. Don't let the weight just drop, REMEMBER your head is resting on a bench; you don't want a snapped neck!

REVERSE SHRUGS

DUMBELL SHRUGS

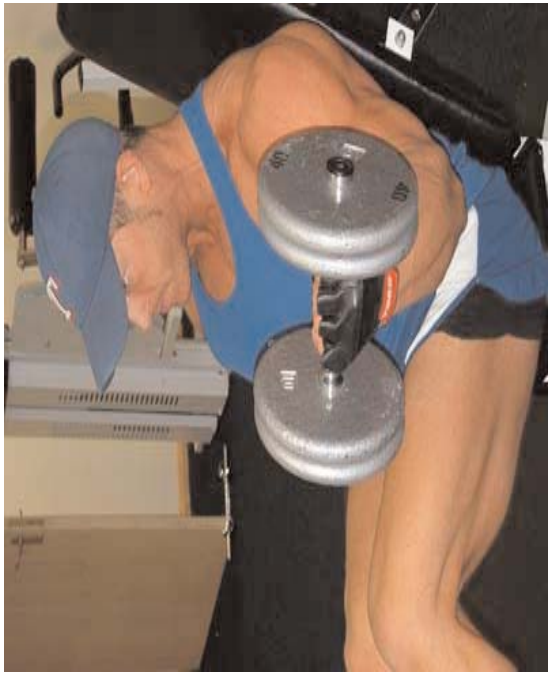
Reverse Shrugs

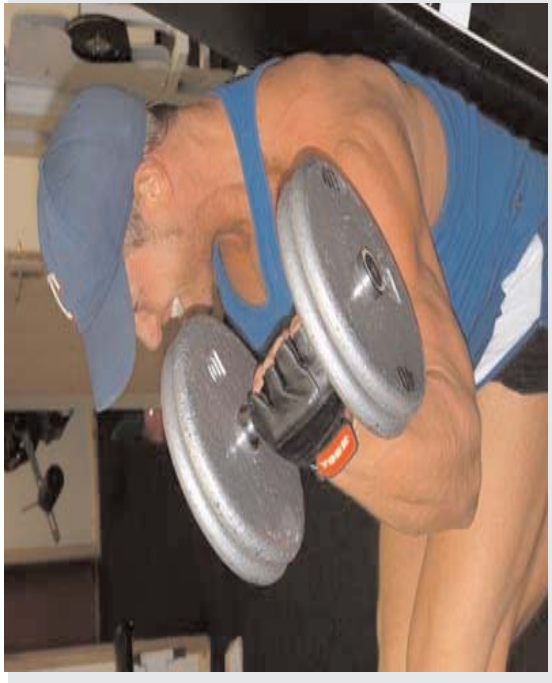
The picture explains the basic movements but what it does not explain is the fact that you will not be able to lift the bar more than a few inches and it will feel as though not much muscle is being brought into play, but it is! Stay with it and crunch as hard as you can, this exercise is rarely used, use it and see the diffrence. My Dad taught it me years ago and I thought he was a nutter, still do, but the man knew it would work. Thanks Dad.
I recommend that you warm up the area as much as possible before or stick the movement at the end of a shoulder workout to avoid cramping.

Dumbbell Shrugs

The good old good old is DB shrugs. Simple movement but remember when you raise the shoulders, raise them HIGH and slowly rotate BOTH ways to ensure a fully trained movement. Work the weights up gradually so that you can ensure a full range of movement.

ALTERNATE DB CURLS





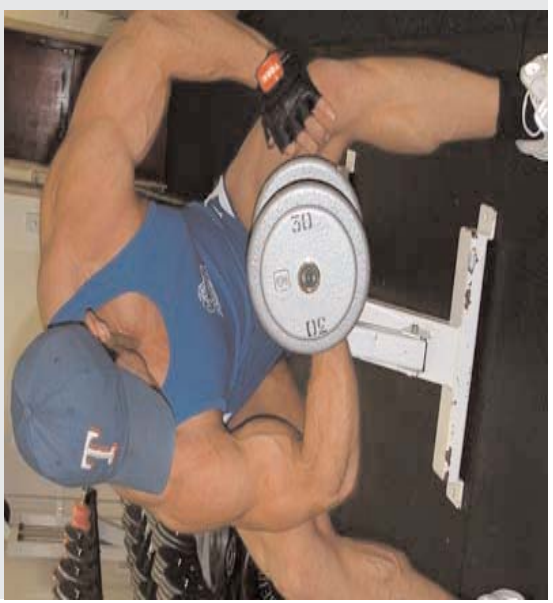
Alternate-dumbbell curl

To achieve a strict good clean style, this exercise should be done on an incline bench set slightly off vertical. The weight you use is all down to your personal strength and the amount of reps you are looking to achieve. Ultimately the more swing you put in the movement is an indication of over weight, this should be substituted for style.

Begin the movement with both dumbbells hanging at your sides and your back against the bench. Hang the dumbbells at your sides with the back of your hands facing front. Start the movement with either arm. As you begin to lift the weight start to rotate the dumbbell 180 degrees. At the half waypoint of the movement continue driving the weight up to shoulder height; at this point begin to turn the weight away from your face.

The reason for this unorthodox movement is to take the bicep through the whole range of movement. A regular curling movement for example during preacher & barbell curl is a great builder that allows you to use more weight however with a single arm movement as in the alternate curl a greater number of angles can be hit rather than up and down. Keep the muscle guessing and reap the rewards.

CONCENTRATION CURLS



Dumbbell Concentration Curl

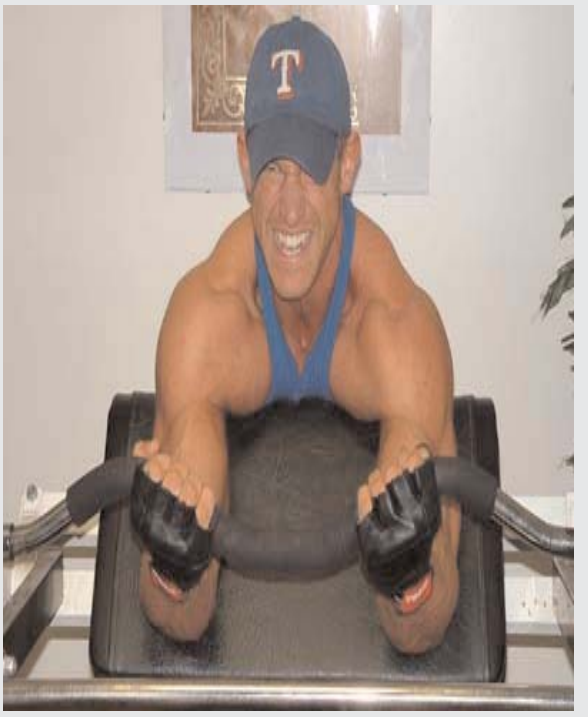
An isolated movement for peak and condition, used throughout the mass building period at the end of training for an awesome pump used more constructively for shaping during competition prep.

The movement is done one arm at a time and I always find it easier sat e.g. at the end of a bench. Take a dumbbell and place it on the floor in between your legs. Place the elbow of the arm your starting with against the inside of your knee, this stops the ability to swing the weight. Now begin to curl the weight. As the dumbbell becomes level with the opposite knee then and only then begin to take the weighted elbow away from the knee and squeeze for a count of two then make a controlled descent back to the start position. Repeat the process with the other arm.

Zottman & Hammer curls

A similar movement to alternate dumbbell curl apart from the twisting. This movement affectively hits the forearm running from thumb to bicep (Bracioradialis) and outer bicep (Biceps brachii).

The Zottman curl will allow you to use more weight out of the two due to the fact that the weight is curled across the chest and closer to the centre of gravity. The hammer curl is curled out in front of your body keeping the hands in a "hammering" position.



PREACHER CURLS

Preacher curls (machine or free weights)

This is all down to what is available or most comfortable to you, however you may find that free weights hit the biceps better in your opinion. I personally don't have a preacher bench available but I do have a machine. The principle however is still the same.

The beauty with the preacher bench is the strict style that it provides. With either machine or free bench it always helps for a spotter to give a hand to take the weight from the bottom to the start position at the top. Place your hands approximately shoulder width apart, if it is a machine you are using, the bar is usually augmented for the hands. Keeping the arms from the armpit to the elbow on the bench, begin to lower the weight in a controlled manner to just before total extension. On the lifting part of the movement do not throw the hips forward to generate swing; the idea of the bench is keep the movement strict.

A variation of the preacher curl is called "21's". These are generally used for conditioning during the split day training. The weights are lowered and 21 reps are executed quickly in multiples of seven. From top to middle, middle to bottom, then top to bottom. A huge pump can be achieved with this form of preacher.

Single arm curls

I use this exercise only really during comp prep (am/pm split), the idea is to use more singular movements during this time as one set is split into two creating more effort thus helping in fat loss.
Single arm curls can be performed on a preacher bench or as I prefer, stood up, using the top of an incline bench. The theory of the exercise is exactly the same as preacher curl, keeping the arm from pit to elbow on the bench at all times and making a controlled lift and descent.

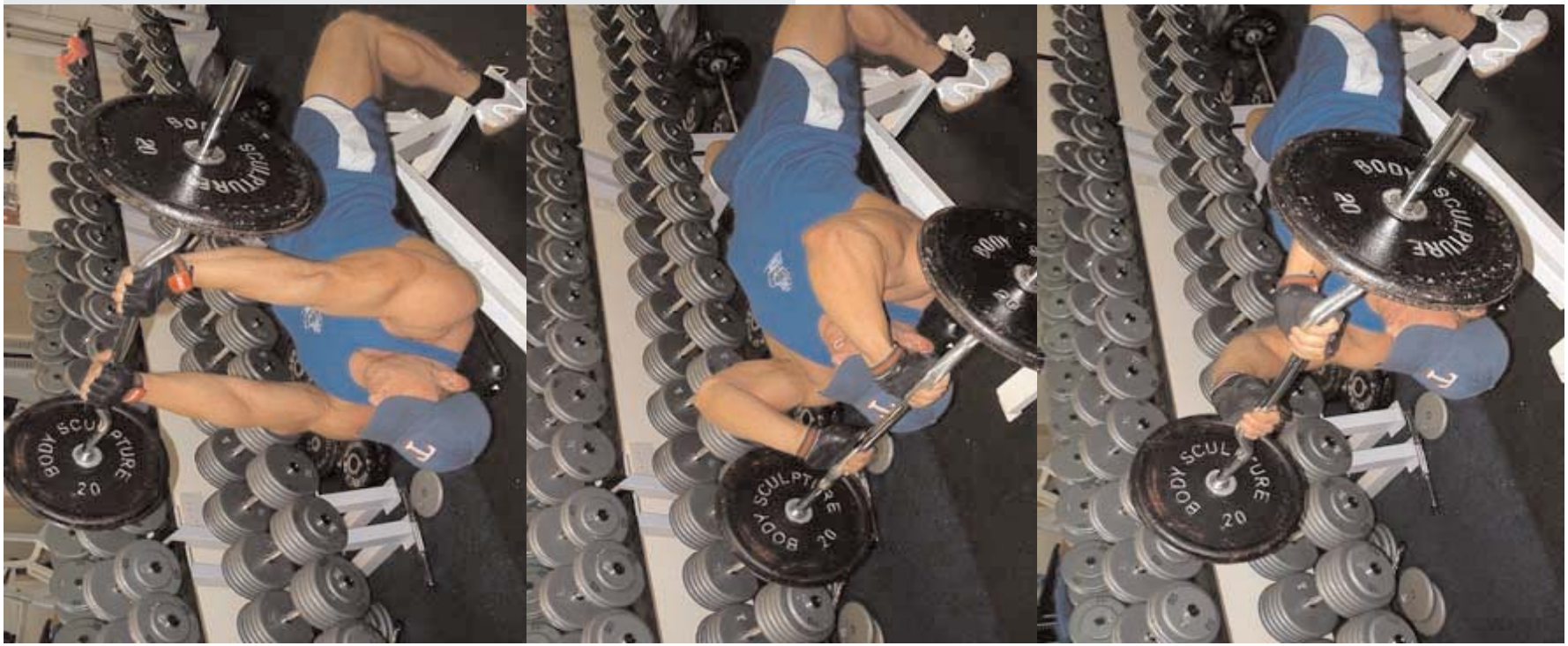
HIGH POSING CURLS

High lateral curl / P.U.S - posing under stress

If bicep peak development is what you're after then look no further than this exercise. Not only does it aid in developing pyramid biceps but also the movement mimics the front double bicep, a mandatory pose in bodybuilding competition. Posing under stress develops a muscle by using movements that will be called upon you during competition, if you can hit a front double bi using weight you will certainly get the best from your arms on show day.

Using the high pulleys on a cable cross machine, take the handles and stand centred stretching the arms out with palms facing up. Begin to curl the weights bringing your hands towards your temples, when you are in the front double bicep position squeeze the
Biceps for all their worth and return to the start position in a slow controlled manner.

SKULL CRUSHERS



Close grip press

In my opinion this is the most effective mass building movement of the triceps available. The close grip press is a lot like the traditional bench-press in its fundamentals the only change is the hand positioning.

The positioning of the hands is crucial, too close, excessive strain will be put on the wrists, too wide and the movement becomes a poor bench press. Place your hands on the bar so that the arms are perfectly parallel to each other, this will aid in keeping your elbows locked at your sides during the descent (very important so the press is direct). Lower the weight in a controlled manner so the bar is hitting across the solar plexus, drive the weight back up to the start position keeping the elbows as close to your sides as possible.

Prone triceps or SKULL CRUSHERS

To effectively perform this exercise an e-z bar is recommended, however a straight bar will suffice if that is all that is available to you.

Lying on a bench hold the bar above you in a pressing manner. Your hand positioning should be at approximately shoulder width apart. Now keeping your arms vertical from the shoulder to the elbow begin to lower the weight towards the forehead in a slow and controlled descent. Drive the weight back to the start position just before the elbows lock out and repeat. Lock the elbows only if a short pause is required, this way the tension is constant.

DUMBELL EXTENSIONS

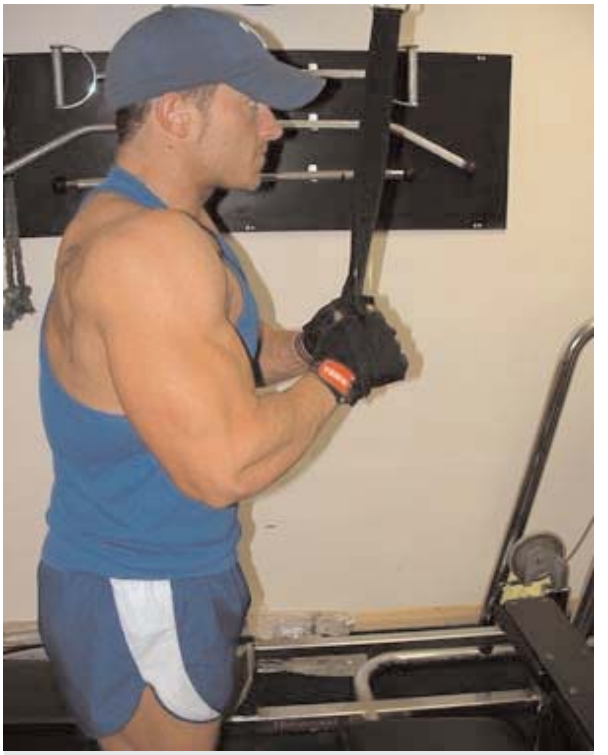
Single arm triceps extensions

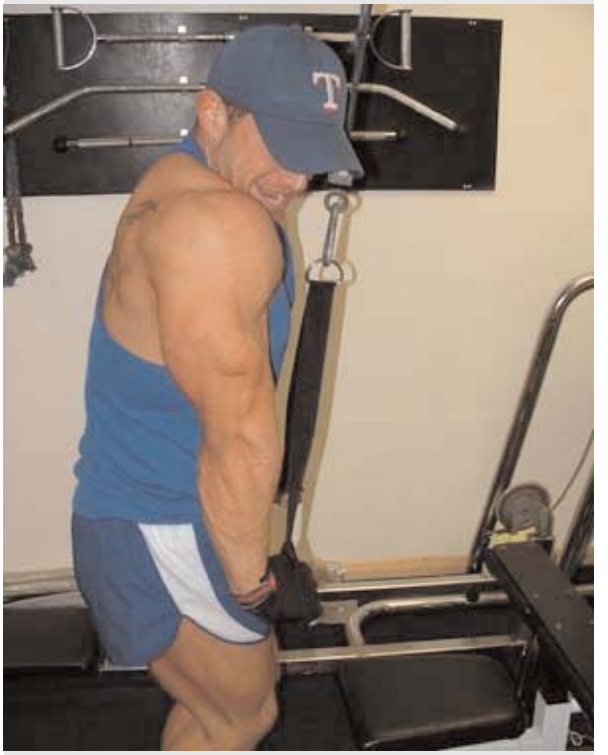
I use this movement through out my whole training regime whether bulking or conditioning; it's just such a great movement!

This can be done stood or seated; I personally prefer to sit however it's all down to your own preference. Take a single dumbbell and start with the weight above your head. Until you get used to the movement, support the elbow of your weighted arm with your opposite hand, this will aid also in style. From this point slowly lower the dumbbell towards the back of your head by bending at the elbow, keeping the arm from the shoulder to the elbow vertical. Drive the weight back up to the start position. Repeat with the other arm to complete a set.

Dips

Primarily a triceps movement but can be used very effectively in the development of the chest, a movement I introduce regularly to stimulate growth.
For maximum benefit a dip station is required however dips can be performed of the edge of a bench if a dip station is not available. I personally will use both methods depending on the slaughter I have imposed on my triceps previously.





DB KICK BACKS

ROPE PUSHDOWNS

Triceps Kickbacks

This is a movement I generally use during the conditioning period of the season, however I sometimes slip these in just to mix up and add a little variety to the workout. Fantastic for separation and as it is a single arm exercise it also aids calorific burn during the two day split.

This is a versatile exercise that can be effectively executed on both machine and free weights; I personally prefer the free weights but again it's down to your own preference, fundamentally the movement is still the same.

I find using a bench to place one knee and hand on as in a single arm row aids in the execution of this movement. Start with dumbbell at your side and with almost all triceps exercises keep the elbow locked into your side. Now as the name explains kick the weight out so that the arm becomes straight, then bring the weight back to start position in a controlled manner. Repeat with other arm to complete a set.

If you choose to do this on a machine then ideally one side of a cable cross is perfect, other than that any high pulley will achieve the same goal.

Triceps pushdowns

I used to do these with a curl bar attachment but after time and experimentation I have found that performing this movement with a rope or padded straps as I use, has given far more pump due to further range of movement.

The idea with this exercise is to imagine the elbows bolted to your sides and no way can they be moved. This will directly hit the triceps and not let up on the area till the set is complete.

The exercise is performed on any high cable pulley machine; lat pull, cable cross etc. Stand facing the equipment and take the attachment you have available, bar or rope (if using a bar place the hands as close to the centre as possible). Drive the bar or pull the ropes down so the arms are extended and contraction in the triceps is felt. At the bottom of the pull, if using a rope, kick the hands out to your sides and squeeze the triceps for a count of one; if it is a bar that you prefer at the bottom extend the fingers straight down and hold for a one count.

LEG RAISES

CABLE SIDE CRUNCHES

Leg raises

A core abdominal exercise that I believe everybody will have tried at some point in his or her training. Predominately to target the lower area of the mid section the leg raise does develop the entire area.

Lay on an incline bench, I personally prefer an incline bench for my method of the exercise. Sit on the flat seat of the bench and brace your self with your hands in a high position, doing this will naturally stretch your midsection. Bring your knees towards your chest whilst bringing as much of your back off the bench as possible. Begin to lower and straighten your legs on the descent and allow them to come as close to the floor as possible keeping tension on the mid-section at all times.

Cable crunches P.O.S

Another movement I can class as posing under stress. Although whilst performing this exercise it doesn't totally resemble the side oblique pose it is similar and does call upon the same area.

You can use any high pulley available Illustrated I am using the lat machine. Take a single handle attachment and stand side on to the machine. Pull the handle to your temple and take a little side step so you have some lateral tension. Bend down at your hips towards the machine keeping the handle at your temple. As you begin to straighten up keep the handle in position until straight then allow it to rise up just past your head. On your next rep pull the handle down towards your temple, bend blow out all the air in your lungs and SQUEEZE!

Torso twists

This is a great way to warm up the mid section before an onslaught that provides direct pressure. Many that perform this exercise perform it totally wrong by twisting way too far, the idea is to just localise the twist to everything above the waist NOT below it, and sitting on the end of a bench will practically eradicate twisting below the waist. All you need is a straight bar or a simple broom shaft. With each twist blow out all of your air and squeeze.

STALLONE
CARDIO

Cardio

During the final months of contest preparation CV training is one of the most crucial aspects of your training to get right. To little will leave you dieting like a madman to get into shape sacrificing months and years of hard earned muscular gains; to much and the same end result applies.

The type of cardio training you choose is very important. Its not just a case of getting on a treadmill and running for 20 minutes (as I have been guilty of) and thinking that is enough just because you are out of breath and covered in sweat. The amount you sweat and your breathing pattern are poor indicators of your progress towards excess fat loss. The idea is to get your heart rate up to a continual working rate and maintain it there for duration of time; this will cause your body to turn on to its fat reserves for energy. Short runs will make your muscles burn, raise body temperature faster and increase your heart rate quicker making you think and feel you are shedding pounds. By using this method you demand more energy for your body, the only place your body can obtain energy at this high rate is from your food by converting the available carbohydrates in your system to glycogen. With the drop in available energy from your food you will become hungrier this is a natural reaction to being energy depleted this can be a problem especially when approaching the final weeks of your diet. With the increased need for oxygen and the rate at which it's being burnt increases the lactic acid build up in your muscles, this can result in cramps during weight training and no one wants that.

The best optimum time to act for weight loss is first thing in the morning before any breakfast has been consumed. At this point in the day your energy reserves from food should be at their lowest point IF you have tapered your carb intake throughout the day.

I personally vary my cardio to several forms to keep the monotony at bay. I find walking on a treadmill for 45 minutes VERY boring although it is a very effective. If walking is your preferred method I suggest getting a portable TV to watch or take the dog outdoors for a walk the scenery fresh air and varying terrain can be far more beneficial.

Bag training is another favourite of mine, not only is it a great way to get rid of pent up frustrations and to blow out the cobwebs but a fantastic fat burner. It is important to stress that wailing away at the punch bag with all manner of kicks and punches for 3 minutes until you can't breathe and covered in sweat is not the way to go doing this will leave you with the same results as explained with the jogging.

Cardio cont.

This is the method I use to gradually bring up my fitness level and intensify my weight loss closer to the show.

After 30-minute walk
12 weeks out:
10 x 1 minute rounds
Rest period 45 seconds
8 weeks out:
10 x 1.5 minute rounds
Rest period 45 seconds
4 weeks - 2weeks out:
8 x 2 minute rounds
Rest period 60 seconds

Two weeks before the show I take out the bag work just to reduce any injury possibilities.
Playing music with a regular beat in the background is a great way to keep your timing and interested during your workout. Alternate punches high and low, left and right and bob and weave. DON'T go hell for leather, simply kick and punch at 50% power and continually move around the bag. Stay warm, stay sharp, keep moving and burn fat.

Training for Mass
by Chris Hart

MONDAY - CHEST
Single body part

Cable cross x 4
Rep range 10 - 12
1 x warm up set of 25 light reps.

Incline fly x 3
8 - 10
start high reduce angle with every set

Pec deck x 3
8 - 10

Incline press x 3
8 - 10
start high reduce angle with every set

Dumbbell pullovers x 3
5 - 6
Heavy as possible

TUESDAY - DELTS & QUADS

Upright Rows x 4
Rep range 10 - 12
1x warm up set @ 25 light reps.

Press behind neck x 3
8 - 10

Down rack laterals x 3
8 - 10

Db Front Raise x 3
8 - 10

Leg extension x 4
Rep range 10 - 12
1 x warm up set of 20 light reps

Leg press x 4
8 -10

Squat x 4
8 -10
Vary your feet position and depth of squat (See descriptions)

WEDNESDAY - BACK & CALVES

Lat pull downs x 4
Rep range 10 - 12
1 x warm up set of 20 light reps.

V bar pull downs x 3
8 -10

Bent over row x 3
6 - 8

Single arm row x 3
8 - 10

{Seated raise x 4}
Superset 15 - 20
bottom to middle fast reps

{Standing calf raise x 4}
15 - 20
middle to top fast reps

Calf press x 4
15-20 full reps

THURSDAY - TRICEPS & HAMS

Rope pushdowns x 4
Rep range 10 - 12
1 x warm up set of 20 light reps.

Single arm Ext x 3
10-12

Close grip press x 3
8 - 10

Skull crushers x 3
8 - 10

Good morning bend x 4
Rep range 10 - 12
1x warm up set of 20 light reps.

Leg curl x 3
10-12
Stiff leg deads x 3
6 - 8
reasonably heavy here, vary lifting style (See descriptions)

FRIDAY - BICEPS, ABS & CALVES

Alternate Db Curl x 4
Rep range 10 - 12
1 x warm up set of 20 light reps.

Preacher curl x 3
8 - 10

Hammer curlx 4
6 - 8
2 sets each of hammer and zottman (See descriptions)

Cheat curl x 3
6 - 8
Heavy as poss. Not too excessive with the swing (See descriptions)

{Machine Pullovers x 3}
12 - 15
Superset

{Leg raises x 3}
20 - 25

{Standing raise x 3}
Superset
repeat Wednesday

{Calf press x 3}

I devised this routine to work hand in hand with the bulking diet and AS intake at this stage. The five-day system allows for a complete spread across all the muscle groups with the option of doubling up on certain areas. You may also notice that the only day where a single body part is hit is on a Monday this was for two reasons:

(1) Monday has always been a trying day for me as you may also appreciate, getting over the weekend and starting to hit the gym again after a two day rest can be daunting, so to get the most from myself and to drop into the right mind set for the rest of the week I only concentrate on one area.

(2) The second reason was that my upper chest was an area that needed slight improvement, as you can see all flat work was taken out of the chest workout to help develop the upper chest and front delt. By over compensating on the incline more drive is required from your delts, in particular the front; in return the upper chest is brought along for the ride. With each set begin to drop the incline of the bench to reduce the amount of stress on the delts. To some, training chest without flat benching will seem very alien but this period is where you have the time to look and reflect on what is needed to bring your physique to a complete package. Address your issues and post them to perfection!

You will notice that the rep range on all the movements is around the 8 - 10 with a few exceptions for the first few movements on each day just to get the blood saturated in the area.

It was important to make the most of the workouts with the amount of food intake currently being consumed; the whole idea of the high calorie diet was to intensify my strength for the heavy workouts not to aid in stamina. Rep ranges of 12 -15 would have been counter-productive at this stage and pushed my workouts towards an aerobic workout rather than the anaerobic workouts I needed to pack on the size. The duration of time in the gym for each workout never exceeded more than 1 hour any more than this and I would have been burning off more calories than I needed to. There is a saying that perfectly encapsulates building muscle with regards to calorie burn:

"If there's no need to run, walk
If there's no need to walk, stand
If there's no need to stand, sit
If there's no need to sit, lye
And if you're lying, sleep."

Basically do as little as you need to until it is required of you. Eat and train to grow, the carving and shaping, well that comes afterwards; shit Michael Angelo couldn't have sculptured Adam to perfection with out a big piece of ugly rock!

The movements I choose for a training system comes down to:

- What equipment I have available
- What I feel works best for a certain body part
- How certain movements and body parts can oppose each other through relaxation and contraction
- And finally, what I like. After all these aspects are covered, I have devised my plan and have it written down in front of me, it is impera tive to see it through for several months before adding and or replacing exercises. Constantly making alterations will never prove if a system is beneficial to you; as we all know everybody is different and just because benching for the chest or squatting for your legs is the best for John Smith it may not be the best for you. The only constant change I make on a weekly basis is the order in which my exercises fall on each day.

Take Tuesday for example.

TUESDAY - DELTS & QUADS

Upright Rows	x 4
Press behind neck	x 3
Down rack laterals	x 3
Db Front Raise	x 3
Leg extension	x 4
Leg press	x 4
Squat	x 4

If I was to start with delts every Tuesday my energy reserves are depleted by the time I get round to them, so I can never give 100% to that body group, by rotating the body groups around on a weekly basis all aspects of your physique get maximum attention. I would also recommend rotating the movements within a group as I did to maximise symmetry and development. The body loves routine and will work at its best when it knows what you want from it, but through rigid your body will adapt quickly leaving you wanting. This is the reason many are forever hitting plateaus and struggling to improve.

Mass Diets by Chris Hart

Probably the biggest change I made to my approach to this competition was my "off season" phase. Now personally I don't like the term "off season" because as a bodybuilder everything we do is striving towards one particular

goal **GETTING BIGGER**, but for arguments sake it's the easiest way to describe my bulking period.

Now I don't like putting on excess weight and I have always tried to stay within a safe area on and off cycles to be able to bring my weight back in line to look in reasonable shape, but this time around I thought **FUCK IT**!! I was going to eat religiously every 2 hours with out fail and I was going to eat WELL, boy did I accomplish that! :

From mid **September 2003** approx one year from show day I weighed approximately 13st 12lbs (194lbs 88kilos), by the beginning of **January 2004** I came in at 16st 12 lbs (236lbs 107 kilos) a 42lb or 19 kilo weight increase in approximately 14 weeks, that's 3lbs or 1.4 kilos a week! Looking back now in retrospect I achieved what I set out to do but I never intend to go that heavy again.

The whole idea for gaining that much weight was to promote further muscle growth. It can be difficult to notice during a huge bulking phase any extra muscular gains you have achieved through the excess layers of body fat, its not until you shred it down that you finally reap the rewards. The essence of gaining body weight is consuming more calories than you can burn off, having far more calories to work with in a bodybuilding sense provides us with multitudes of energy, **plenty of energy = GREAT WORKOUTS**. Have you ever wondered why power lifters are all on the tubby side?

Here is the example of my daily food intake at the heaviest stage of my bulking phase:

8:00am Get up

8:30am Quaker apple & cinnamon oatmeal mixed with 50g whey and 1/2 pint semi, plus hand full of raisins. (Mixed night before and left in fridge to soak) Kcals = 721 / Protein = 27g / Carbs = 129g / Fat = 6.2g

10:30am 4 whole eggs scrambled with a little milk, with 1 pack Uncle Bens microwave rice Kcals = 777 / Protein = 40g / Carbs = 82g / Fat = 30g

12:30pm 1x Protoplex MRP mixed with 1-pint semi + 1 x Nutrigrain bar Kcals = 696 /Protein = 63g /Carbs = 82g /Fat = 13.5g

1:30pm Train approx 45mins - 1 hour

2:30pm 75g No Bull Whey + creatine with 1-pint semi, 1 large banana Kcals = 625 / Protein = 43g / Carbs = 86g / Fat = 10g

4:30pm 2x w/m pitta breads stuffed with 9oz lean steak mince and a little ketchup Kcals = 808 / Protein = 68g / Carbs = 32g / Fat = 43g

6:30pm 9oz grilled steak, 3 boiled whole eggs sliced with a side salad and low fat dressing. Kcals = 793 / Protein = 100g / Carbs = 20g / Fat = 33g

8: 30pm 2x tin of tuna with various pickles and low fat mayo
Kcals = 270 / Protein = 39g / Carbs = 6g / Fat = 9.5g

10:30pm 75g No Bull whey isolate with 1-pint semi
Kcals = 526 / Protein = 81g / Carbs = 30g / Fat = 11.5g

11:00pm Retire for bed

Total intake for the day: Kcals = 5186 / Protein = 461g / Carbs = 467g / Fat = 156.7g

I have always been a believer of good quality food over more modern meal replacement alternatives, don't get me wrong I believe they play a vital role in delivering us with the three essential elements of growth but compared to a lump of steak and a bowl of rice it comes in second. Using MRPS within a bulking phase can keep you on the right track, we all appreciate that eating large quantities of food can some times be trouble some whilst drinking is far easier. I also stand by the benefits of good old cow juice to bulk up on extra calories. During my bulking phase I consumed on a daily basis in my protein supplements and general additions up to and in excess of 2 litres of semi skimmed milk a day. Within the milk alone I consumed approximately 1000 calories a day. I believe milk to be one of the best additions to any body-builder's diet for the development of quality muscle, plus it is one of the easiest ways to suddenly drop your calorie intake closer to contest by taking it out of your diet but I'll go more into that later.

As I said earlier, gaining this much weight is not an approach I wish to try again but this is only down to personal reasons not that the approach wasn't worth it. Standing at only 5ft 6inchs can be a benefit as a bodybuilder regarding symmetry but for carrying large amounts of body weight and to gain it suddenly really seemed to take its toll on my day-to-day life. I struggled to find clothes to fit me; every thing I owned was no good apart from a few items and trying to purchase new clothes was a pain in the arse, but probably the worst aspect of the bulking was how I was feeling about my self, as gaining so much weight was a look I didn't enjoy; the only time I could keep focused was when I was in the gym and pushing those big ass weights that always brought every thing back into perspective. After all is said and done providing your body with that much nutrients, training like a bull and having the focus of a show in several months time there was only one outcome for

S U C C E S S .

To take the step of such a large bulking period is a decision you have to give serious consideration, but if it is a route you are prepared to take then be ready for some SERIOUS work to complete the package.

Wishing you all success

Chris Hart

Bodybuilding Glossary of Terminology

17aa: A non 17aa steroid will be largely broken down by your liver if ingested orally - fuck all use to anyone. But those clever chemist bastards found that by adding a bit onto the steroid molecule (at the C17 position.), the molecule would pass through your liver unaltered - happy days. Once through the liver and into the blood stream it can work its magic. So 17aa steroids are basically steroids with a bit stuck onto them that allows you to take them orally. Andriol is the only mainstream oral steroid not to have this property.

Aerobic: Requiring oxygen. When describing exercise, it refers to extended sustained levels of exertion during which metabolic processes that provide energy are dominated by the complete oxidation of nutrients

Agonist: a chemical agent that stimulates, activates, accelerates, or enhances a process in the body

ALA. Alpha Lipoic Acid: Non steroidal anti-oxidant. Helps to neutralize cell-damaging free radicals in both the water-soluble and fat-soluble compartments of the cell.

Amino acids: basic building blocks of protein.

Anabolic, anabolism: tending to build or repair tissue, muscle tissue in particular

Androgenic: producing or accentuating male sexual characteristics (body hair, deepened voice, male pattern baldness). One of the characteristics of steroids, whether synthesized in the lab or naturally in the body is their anabolic-androgenic ratio: if some amount of steroid X produces the same anabolic effects as a given amount of testosterone, how do the androgenic effects compare to those produced by that quantity of testosterone.

Antagonist:

1. A chemical agent that inhibits, prevents, slows, or stops a process in the body
2. A muscle that relaxes or stretches during the performance of a move ment.

Anti-Estrogen: i.e. Tamoxifen Citrate (Nolvadex). It is intended for use in estrogen dependent tumors, i.e. breast cancer. Nolvadex works by competitively binding to target estrogen sites like the breast. This drug is not toxic nor have any side effects been seen in athletes who used the drug as an anti-

estrogen. Often a dosage of 10mg to 20mg daily gets the job done. These days, alternative products such as Femara and Arimidex do a better job but are less obtainable.

Aromatase: an enzyme responsible for (among other things) converting testosterone into estrogens

Aspirate: during intramuscular injections this is the practice of withdrawing the plunger part of the syringe to check for blood. Note. If there is any blood, then you must relocate the jab and try again elsewhere. You shouldn't proceed if you draw ANY blood in the syringe. The consequences can be fatal.

Basal metabolic rate: the rate at which the body burns calories while awake but at rest (usually measured in calories per day)

Beta agonist: a beta-agonist or beta adrenoceptor agonist is a drug or chemical that partially mimics the effects of epinephrine primarily targeting the beta adrenoceptors which accelerate heart rate and increase blood pressure (beta-1), dilate bronchial passages (beta-2), and release fatty acids from fat cells into the blood stream (all beta receptors). The most commonly encountered beta agonists are asthma drugs such as ephedrine and albuterol which target the beta-2 receptor

BF%: body fat percentage.

Body mass index, BMI: yet another way of approximating body composition for use in large-scale medical studies and for health reports to refer to in the popular press. This particular measure is calculated by dividing your mass in kilograms by the square of your height in meters. While such simplistic measures are useful for large statistical samples of the general population, their value is highly limited for individuals, particularly athletes who can be very healthy and have low body fat percentages despite having a higher-than-recommended BMI.

Total bollocks: Another profanity of Mick's reference someone's genitals

Calorie: a unit of energy, equal to the amount of energy needed to heat one gram of water one degree Celsius. In common usage, the "calories" most often refer to kilocalories (also known as Kcal or "food calories") which are really 1000 calories.

Carb-up: after any period of carbohydrate depletion, particularly as part of a cyclic ketogenic diet, the consumption of large quantities of carbs with the intent of saturating muscle glycogen stores.

Catabolic: the opposite of Anabolic. i.e. Breaks down muscle tissue.

Compound, compound movement: an exercise that targets a more than muscle or muscle group simultaneously; usually the movement involves flex-

ing or extending at least two joints. Lat pulldowns, squats and bench presses are compound movements, curls, leg extensions and flyes are not.

Concentric: done as the muscle contracts; "concentric strength" is the weight that can be lifted working against gravity (that's what you usually think of as 'weightlifting')

Corticosteroids: catabolic steroids such as prednisone or cortisol. These are used to reduce inflammation by signaling tissues to break down. While this certainly does have medical uses, corticosteroids will not aid in building muscle - quite the opposite, in fact.

Deoxyribonucleic acid (DNA): the chemical typically formed into chromosomes, which form the chemical basis of genetics and heredity. Your DNA is what makes you a human and silly enough to lift heavy weights all day for fun.

Depot: basically the addition of a carbon chain to the end of a molecule to delay its break down. For instance, propionate has 3 carbon atoms in the chain where as Enanthate has 8. So depot - basically a tail of 8 or more carbon atoms added to a steroid molecule to delay absorption.

Dihydrotestosterone. DH: a highly androgenic hormone produced from testosterone by the enzyme 5-alpha-reductase. This hormone is the primary culprit in male pattern baldness and benign prostate enlargement.

Dinitrophenol, 2, 4-dinitrophenol, DNP: a potent nonselective uncoupler of oxidative phosphorylation that is not only effective when ingested, but can also be absorbed through the skin. It is used industrially as a wood preservative, in the production of explosives, and as an ingredient in insecticides. It is extremely flammable or explosive when dry.

Its use as a weight loss aid dates back to the 1920's, but side effects such as lethargy, malaise, death, and bad breath soon caused the medical establishment to discontinue its use. Reintroduced to the public as a weight loss technique by the late Dan Duchaine, the small therapeutic range (the difference between the effective dose and the lethal dose) and serious side effects have continued to discourage its use for anybody with any amount of brains.

Diuretic: a drug that increases the rate at which water is excreted through the kidneys

Down regulation: decreasing the activity or responsiveness of a physiological process by reducing the number of available receptors.

Drop-set: a regular set of exercises except when failure occurs, or at a predetermined time, rather than give up, the used weight is reduced to allow more reps.

ECA, ECA stack: Ephedrine, Caffeine and Aspirin; a popular and effective thermogenic combination of drugs, used for weight loss and energy. Ephedrine is a stimulant that acts to increase alertness, energy, and body temperature, thus increasing caloric expenditure.
Caffeine inhibits the body's natural tendency to counteract the stimulant effects of ephedrine, so that the two of them used together increase caloric expenditures more than the sum of the increases caused by each one used individually. The most common dosage is 200mg of caffeine taken with 20mg of ephedrine (= 25mg of ephedrine hydrochloride) three times per day, the third dose being taken not later than dinnertime. Caffeine and ephedrine act as appetite suppressants, which has weight-loss benefits as well.
60mg of aspirin (about a quarter of a standard aspirin tablet) is often added to the stack, but studies have not shown conclusively that ECA is more effective for weight loss than ephedrine and caffeine without aspirin.
Please note that ephedrine and caffeine also have a diuretic effect, so some weight loss will be due to a loss of water and not fat.

Eccentric: done as the muscle extends or relaxes; "eccentric strength" is the weight that can be lowered under control

Ectomorph: thin and linear body type

ED: every day.

Electrolytes: minerals such as sodium, potassium, magnesium, and calcium used by cells in the creation and elimination of membrane potentials used to propagate nerve impulses and muscular contraction

Endocrine: glands that produce chemicals released into the bloodstream. The pituitary and adrenal glands are endocrine glands; salivary glands and sweat glands are not.

Endomorph: rounded body type with small shoulders

Enzyme: a protein catalyst; enzymes are involved in digestion and both the synthesis and breakdown of proteins, hormones, and other substances in the body

EOD: every other day.

EPO, Epogen: available in 2000, 3000, 4000, and 10,000 IU vials. An injectable protein hormone that acts on bone marrow to stimulate red blood cell production, (which are the oxygen carrying components of blood) Side effects are over production of RBC (red blood cells) which turns blood into a thick "sludge" and will block the heart, resulting in death. Dehydration MUST be avoided when using this crap.

Ergogenic: tending to increase muscular power, endurance, or size.

Esiclene: an Italian water based steroid. It will swell a local injection site and cause the muscle to gain size temporarily. Has a best result when used in smaller muscles like the biceps, calves or rear delts.

Essential amino acids: Amino acids which cannot be synthesized by the body from other amino acids and, thus, must be present in the diet: leucine, isoleucine, lysine, methionine, phenylalanine, tryptophan, and valine

Essential fatty acids: unsaturated fatty acids which cannot be synthesized by the body and are used as the starting point for the biosynthesis of necessary metabolic and hormonal chemicals.

Forced rep: A forced rep is a repetition performed with assistance from a spotter after a lifter has reached the point of failure with a given weight.

French Press: A single arm dumbbell raise for the triceps.

Front Loading: Done at the beginning of a steroid cycle to enhance its effect. Usually entails taking a large amount of a substance to quickly saturate the body with it.

Fructose: Also known as "fruit sugar" even though it is found in many foods besides fruit and it is not the majority of the sugar content in most fruits. Fructose also forms half of the sucrose (ordinary table sugar) molecule. Approximately 50 grams of fructose per day can be metabolized by the liver into glucose; amounts consumed beyond that will be converted into triglycerides using an alternate pathway.

Gyno, Gynecomastia: The development of breast tissue normally due to excessive estrogen or progesterone (lso known as "Bitch Tits".)

Gear: Another reference for steroids

Glycemic index Glycemic Index (GI): is a rating system for carbohydrates that deals with how quickly the sugar enters the blood stream and the extent of the insulin response following that entry. GIs were initially established to help diabetics regulate insulin levels following meals. Those carb sources that have low GIs generally enter the blood stream slower or cause a smaller insulin response. This can be beneficial for those trying to lose fat as well as those who are diabetic.

Glycogen: A type of starch synthesized from glucose for intracellular storage. The primary glycogen stores are in the liver and in the muscles; liver glycogen stores will be broken down to glucose and released into the bloodstream when blood sugar levels are low, whereas this does not happen with muscle glycogen stores which will be used only to provide fuel for the muscles themselves. Note that way that glycogen is stored in the body requires four grams of water to be stored for each gram of glycogen. The combined weight and volume of muscle glycogen stores accounts for a significant part of total muscular size.

The depletion of these glycogen stores (and the release of the accompanying water) is what accounts for the rapid weight loss experienced in the first few days of ketogenic and other reduced-carbohydrate diets.

Had the Dick: Fucked / Broken

HIT: "High Intensity Training". Often referred to by those who have tried it as: SHIT.

HTPA: The Hypothalamic-Pituitary-Testicular Axis, or HPTA for short, is the thermostat for your body's natural production of testosterone. Quickly restoring the HTPA to normal levels post steroid course is crucial to the amount of gains kept.

HydroxyMethylButyrate: HMB -A metabolite of the branched-chain amino acid leucine, HMB is also available in supplement form. Some studies have shown increased growth in cattle given HMB, but evidence of any value for increasing human muscle growth and athletic performance is limited. Not to be confused with GHB.

Intramuscular: Injecting into the muscle rather than a vein.

Insulin resistance: A reduced sensitivity to insulin, meaning that more insulin must be released to cause a given amount of nutrients uptake into the body's cells. Note that the down regulation of insulin sensitivity is likely to be more extreme in lean tissue than adipose tissue, so that persons who have developed a high degree of insulin resistance are likely to preferentially store nutrients as fat rather than use them for tissue growth and repair.
Type-II (adult onset) diabetes is an extreme form of insulin resistance.

Isometric: Not involving contraction or extension; isometric exercises are done by tightening the muscles without moving any part of the body, such as by pushing against a brick wall instead of lifting a weight.

IU: International Units: Commonly used to measure HGH and Insulin. These measurements are found on insulin syringes only. 10ui = 1ml.

Kcal: 1000 calories or one "food calorie"

Lean body mass: Total body mass minus fat mass; this includes muscle, bone, organs, water, etc.,--everything but fat.

Mesomorph: Body type with thick muscles and heavy bone structure

Mg Milligrams: Usually per Milliliter e.g. 250mg per ml is 1ml of 250mg. 2ml of the same substance would amount to 500mg.

MRP: Meal replacement powder.

Multi Vial: A vial ranging from 2ml-100ml. Will normally have a rubber cap which; shouldn't be removed. The cap can be pierced repeatedly to allow small amounts to be withdrawn without compromising the sterility of the remaining liquids.

Nitrogen Balance: For every gram of protein there is 16% nitrogen. Protein absorption cannot be measured directly but the level of nitrogen excreted through urine can. A positive nitrogen balance is when we excrete less nitrogen than we ingest. This is a good thing as it means the protein which contained the nitrogen was absorbed in some way.

Over The Counter, OTC: Sold without a prescription

Overtraining: Training beyond the body's ability to repair itself. This can be caused by training the same body parts too frequently so that the body does not have time to recover before the next workout; workouts that are consistently harder than the body is able to recover from fully; or impairment of the body's normal recovery ability due to nutritional deficiencies, illness, or stress. Besides impairing athletic performance, overtraining can increase the risk of injury or disease. Symptoms of overtraining include fatigue, reduced performance, and increased resting heart rate. Rule of thumb: Give a body part 36hrs minimum to recover from a workout.

Pre-exhaustion: To perform one or more sets of an isolation movement prior to the performance of a compound movement.

Pre-loaded pin: Can refer to steroids which arrive from the manufacturer already in a disposable syringe.

Progestogenic Activity: Like Estrogen this is another female hormone. Both hormones can cause bloating, and both can cause gyno; most commonly caused by Nandrolone.

Prohormone: are actually hormones themselves and are chemicals produced by the body (or close "chemical cousins" of such chemicals, as is the case with the non - varieties). The "pro-" part is used for two reasons: first, because rather than themselves being the hormone one is actually interested in supplementing, they are instead used by the body's biochemical pathways to produce the hormone of interest; second, marketing.

Prone, pronation, pronated: Turning face-down or palm-down

Pyramid: Fairly straightforward mathematical notion. If for example you're pyramiding reps on sets of an exercise, your first set may have 10 reps, the next 8, then 6 then 4 then 2.
We can look at the like:
Set 5 11
Set 4 1111
Set 3 111111

Set 2 11111111
Set 1 111111111

Receptor: A chemical site either within the cell or on the surface of the cell membrane that responds to the presence of a chemical stimulus such as a hormone or neurotransmitter and triggers a series of chemical events that produce a response on a cellular level.

Saturated fats: Fats comprised of fatty acids in which all possible bond positions along the carbon backbone are filled with hydrogen. Saturated fats are solid at room temperature, stable at high temperatures, and have long shelf-lives. While this makes them excellent for frying, especially deep frying, they have no nutritional or metabolic functions beyond providing calories.

SEO: Site Enhancement Oil. Synthol, pump 'n' pose, etc.

Set: A sequence of one or more complete performances of a movement, or rep done as a unit with minimal or no pause in between. When you pick up a barbell, curl it ten times, and then put it down, that is one set of ten reps.

SHITE: shit

Stack, Steroid stack: When more than one steroid is used to give a better, and often stronger result.

Striated muscle: Muscle tissue composed of multinucleate cells with alternating dark and light bands; also known as "voluntary muscles" because their contraction and relaxation can be controlled voluntarily.

Striations: Fine grooves or bands on the surface of a muscle, visible through the skin in ripped bodybuilders

Stupid question: Asking anybody, "How much weight will I gain on a course?" Or, "How much muscle will I lose after my course?" I could take the same steroid 10 times and get 10 different results. The point being, if I can't predict it for myself, how the hell can I predict it for you??"

Subcutaneous: Injecting under the skin (Usually the abdomen).

Sublingual: Absorbed into the bloodstream through the skin under the tongue, an area with especially thin skin and a rich blood supply. It also bypasses the liver and the rest of the digestive system and exposure to all the acids and enzymes involved.

Supine, supination, supinated: Turning face-up or palm-up

Synergism, synergistic: A combination of different components or elements which produce a result greater than the sum of the effects that would have been produced by each one separately.

Synergist: Muscles that assist in the performance of an exercise by adding to the force required to execute the movement

Tapering off: Reducing quantities taken of a drug or supplement at the end of a cycle.

Test: Testosterone.

TWAT: a favourite profanity of Mick's which explains someone with an IQ of equivalent of a yoghurt!

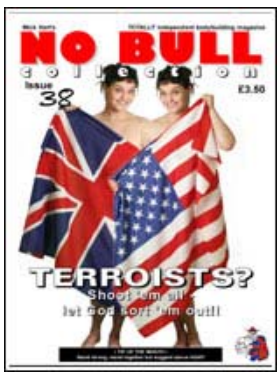
Thermo genesis, thermogenic: The generation of heat, usually through biological processes. Thermogenic drugs, such as ephedrine and caffeine increase the rate at which the body produces heat internally, generally through the mechanisms used to maintain body temperature.

Transdermal: "Through the skin," as in transdermally-delivered drugs such as testosterone and estrogen patches. Transferal delivery allows chemicals that would be broken down by the digestive system or destroyed by the liver to pass into the bloodstream. It also can provide a slow and steady level of the chemical rather than a sudden "pulse" when hitting the digestive system.

Triglyceride: Chemical name for fat usually used when referring to fats in the bloodstream rather than in food. The name comes from the three fatty acid chains that together with the glycerol "backbone" make up the molecule.

Wilks Formula: Named after Robert Wilks, a formula used to determine the best lifter or lift of power lifters of different body weights.

(The terminology data appeared in the NO BULL magazine courtesy of Moe and the lads with additional material from Mick. My sincere thanks)



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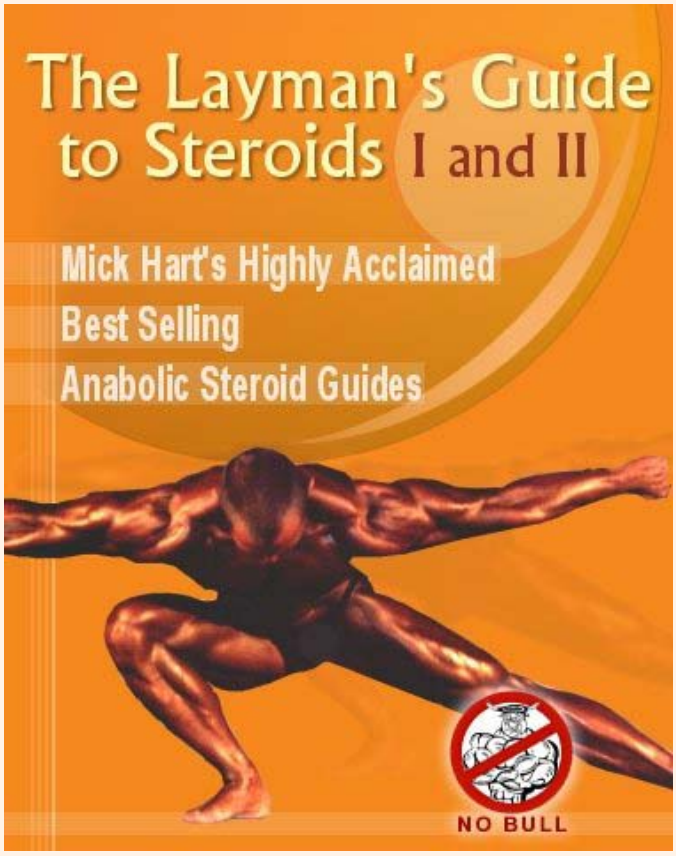

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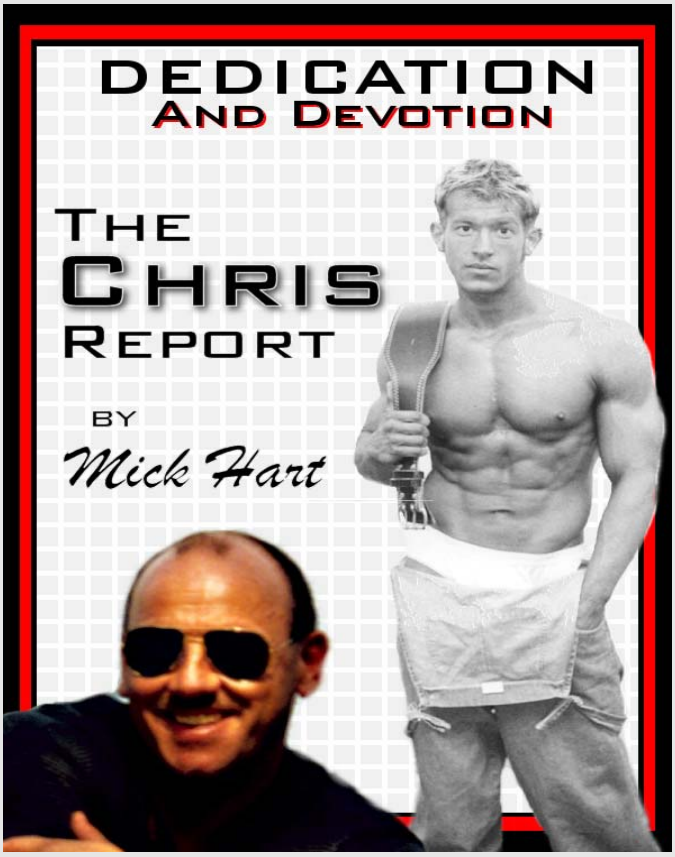

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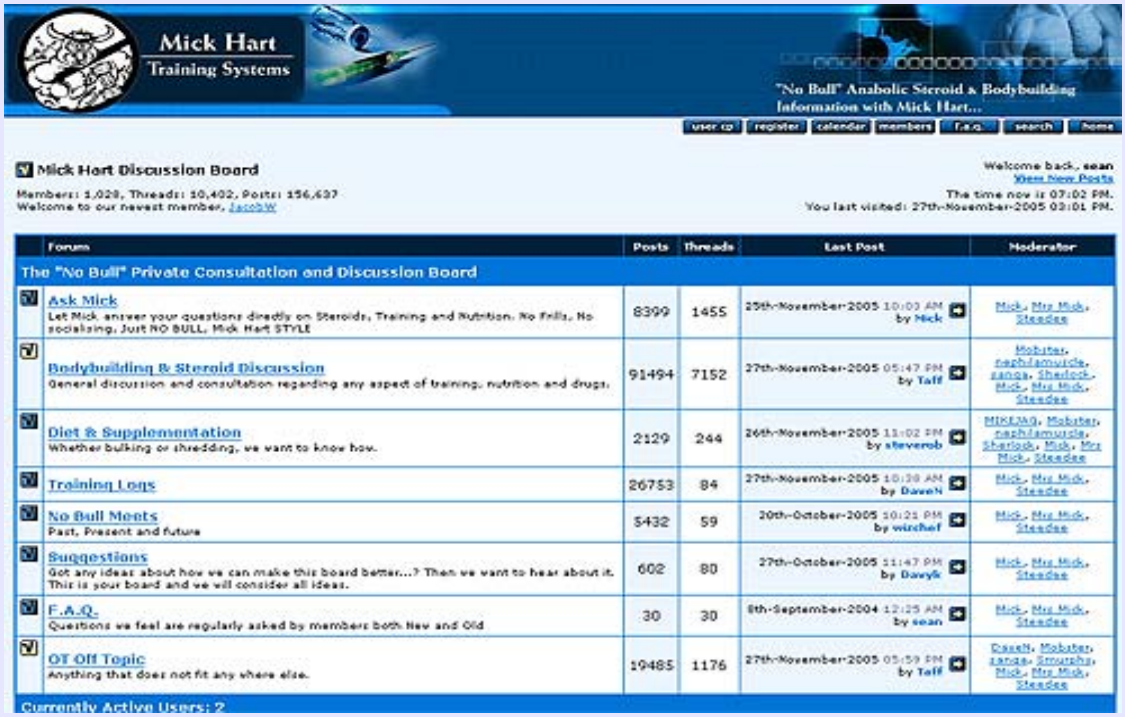
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Members: 1,028, Threads: 10,402, Posts: 156,637
Welcome to our newest member, JacobW
Welcome back, sean
View New Posts
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You last visited: 27th-November-2005 03:01 PM.
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8399
1455
25th-November-2005 10:03 AM by Mick
Mick, Mrs Mick, Steadee
Bodybuilding & Steroid Discussion
General discussion and consultation regarding any aspect of training, nutrition and drugs.
91494
7152
27th-November-2005 05:47 PM by Taff
Mobster, naphilamuscle, zango, Sherlock, Mick, Mrs Mick, Steadee
Diet & Supplementation
Whether bulking or shredding, we want to know how.
2129
244
26th-November-2005 11:02 PM by steverob
MIKEJAG, Mobster, naphilamuscle, Sherlock, Mick, Mrs Mick, Steadee
Training Logs
26753
84
27th-November-2005 10:38 AM by DaveN
Mick, Mrs Mick, Steadee
No Bull Meets
Past, Present and future
5432
59
20th-October-2005 10:21 PM by wirchef
Mick, Mrs Mick, Steadee
Suggestions
Got any ideas about how we can make this board better...? Then we want to hear about it. This is your board and we will consider all ideas.
602
80
27th-October-2005 11:47 PM by Davyk
Mick, Mrs Mick, Steadee
F.A.Q.
Questions we feel are regularly asked by members both New and Old
30
30
8th-September-2004 12:25 AM by sean
Mick, Mrs Mick, Steadee
OT Off Topic
Anything that does not fit any where else.
19485
1176
27th-November-2005 05:59 PM by Taff
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Examples of some of the training consultations I do. Many people who join my board do so in order to get direct answers to their specific training and drug questions. Some of these make excellent reading and I'll send some of the more general ones. Whilst not all these will relate to you directly, reading these is an excellent way to build your overall knowledge of steroids and training. This way you will have a deeper understanding of the principles involved and be able to make better and safer decisions about training and steroid use yourself.

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Fully qualified BAWLA Olympic grade A Coaching Instructor who has been in professional bodybuilding now for about 25 years and in that time has become one of the leading authorities in the sport.

Writer of two best sellers on the subject of steroids and owns, designs, prints and publishes the monthly magazine "NO BULL COLLECTION" which is "killing the opposition" and which is fast becoming the top cult steroid read in the world - due to it's open, honest, independent and brilliantly written steroid information.

In bodybuilding, not only has he competed at a high level himself, he has coached and trained no less than 80 first places, 70 seconds and more than 20 thirds in the last four years alone - many at the highest levels too! Has also trained MANY champions (many of whom sadly do not admit it)

As for steroid advice, cycling and safety methods, many of the world's TOP pro's have sought his advice.

Leading Bodybuilding and Steroid Advisor to the British Media including the BBC and ITV (the two principal British TV channels.). Has appeared many times now on TV and Radio.

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